

SPECIAL

EatingWell

EDITION

THE AMAZING AVOCADO

Nutrition's Rock Star

**Good for the Body and Brain • Pick the Perfect Avo
Avocado Toast: A Love Story**

**PLUS
Flawless
Guacamole
and Other
Recipes**





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THE AMAZING AVOCADO



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Parts of this special edition were previously published.

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THE RISE OF THE AVOCADO

How the alligator pear went from the “aristocrat of salad fruits” to pop culture and nutritional superstar.

BY EILEEN DASPIN

REVIEWED BY DIETITIAN
MARIA LAURA HADDAD-GARCIA

The avocado industry had an image issue. It was the early 1980s, the low-fat movement was gaining traction and a California avocado association worried its members’ famously fatty crop could take a hit. Brainstorming followed. The group consulted experts. It funded studies. It contracted with a PR firm. And in a stroke of genius, it hired actor Angie Dickinson to sing the avocado’s nutritional praises in a TV commercial.

Clad only in a white leotard and gold stilettos and lying on her side, the glamorous star ate avocado with a spoon as a camera slow-panned her toe to head. “This body needs good nutrition,” the fit-looking Dickinson told viewers while reciting the fruit’s vitamin and mineral content, and “this body gets [it]” from—what else?—the California avocado. She then offered ripening tips, a smile and a challenge to her audience: “Would this body lie to you?”

For a master class in marketing, shifting views on health, nutrition and quicksilver culinary trends, you need not look much further than the botanical species *Persea americana*. Once considered the province of the rich—“the aristocrat of salad fruits” in the 1920s—the avocado today is not only a kitchen staple, it is a food eaten by the masses (quite literally on Super Bowl Sunday, when





some 100 million pounds of it is devoured). Avocados have become one of the fruit world's biggest media stars, the subject of books, documentaries and millions of hashtags. The average American now eats about nine pounds of avocado annually, up from one and a half pounds in the 1990s, and the country buys 86 percent of all of the avocados that Mexico exports—about \$3 billion worth. Avocados are deployed for their halo effect in branding strategies for everything from mattresses to sports bras, while tools to slice, dice and store them have become a cottage industry for kitchen-tool makers.

Some of the avocado's undeniable popularity is owed to savvy public relations—back in the 1980s, industry giant Hill & Knowlton was brought on board to work full-time on the fruit's image—but this is hardly a story of smoke, mirrors and a twist of lime.

Some of the avocado's popularity is owed to savvy PR, but this is hardly a story of smoke, mirrors and a twist of lime.

For one thing, avocados have science on their side. Ongoing research links the fruit, which is packed with vitamins, minerals and fiber, to a lower risk of cardiovascular disease, increased skin elasticity and firmness and increased cognitive function. Demographics—shout-out to the country's growing Latino population—are also playing

a role. (The average Latino household consumes a third more avocado than non-Latino households.) Not to be overlooked: international trade considerations, such as when the U.S. government lifted the ban on avocado imports from Mexico, and the fruit's plain old deliciousness (it's actually part of the berry family).

There are, of course, other varieties of fruit that sell more in the U.S. Per-capita consumption of bananas, apples, oranges and watermelon all far outpace avocado. Those four are also more affordable, familiar and widely available than the avocado. Yet there is a key difference: Since 2020, consumption of bananas, apples, oranges and watermelon has trended down, while the avocado has trended up. Its market triumph has been all the more impressive considering that just a few decades ago, consumers still needed to

be convinced “to eat a fruit that wasn't sweet, didn't cook well, had a slippery texture, and ripened off the tree,” as Olga Khazan wrote in the *Atlantic* in 2015.

IT'S BEEN ALMOST 100 YEARS SINCE CALIFORNIA postman Rudolph Hass bought an avocado seedling, grafted it onto another avocado tree in his garden and discovered that the tree produced a fruit that wasn't so pretty but was far tastier than existing varieties. In 1935, Hass patented the Hass and began marketing to farmers. It turned out to be an easy sell. Not only were the Hass trees strong, productive and easy to propagate, but the fruit's thick, bumpy skin protected it during shipping. By the early 1980s, Hass had done such a good job selling his fruit that the Hass avocado dominated the U.S. market. Today, the Hass accounts for 95 percent of all the avocados eaten by Americans, and avocado sales of all varieties have topped \$1.4 billion, according to Global Market Watch.

Along the way, the avocado has gained some powerful allies, chief among them nutritional researchers. Let's return again to the early 1980s, that moment when the health buzz was all about avoiding saturated fats. Low-fat and no-fat foods such as Snackwell cookies jumped in popularity, while avocados, considered “fattening,” found themselves in the crosshairs.

To present the public with better information, the California Avocado Commission, which represented local avocado farmers, formed a nutritional advisory committee. They funded studies showing, among other things, that the fat in avocados helped them act as “nutrient boosters”; they joined forces with Harvard University and promoted the Mediterranean diet, which included “good-for-you” fats and downplayed refined carbohydrates. They became the FDA's go-to source for updated nutritional information about the avocado.

The effort, wrote Khazan, was “viral marketing before there was virality.” And while it is impossible to know if the avocado would have blown up without all of these machinations, “other obscure fruits have not managed to pull off a similar rise,” Khazan noted.

Meanwhile, in a coup of a different variety, the Avocado Commission also succeeded in aligning the avocado with one of the most iconic snack days



on the American calendar: the Super Bowl. Here, the hat tip goes to Hill & Knowlton. In the wake of the Dickinson commercial, the PR gurus came up with other ways to popularize the avocado, including Mr. Ripe Guy, who, in a full-body avocado costume, drove an avocado-colored Mazda, carried avocados in a basket and appeared on talk shows.

Then, in the early 1990s, Hill & Knowlton recognized an opening in Super Bowl Sunday, when Americans were consuming millions of pounds of chicken wings, pizza and artichoke dip. Thus was born the “Guacamole Bowl,” wherein Hill & Knowlton executives gathered and distributed guacamole recipes from NFL players, with fans trying out the recipes so a winner could be selected. Naturally, free guac was sent to reporters and passed out in stadiums during games, helping the avocado continue its ascent.

Yet the real turning point in the avocado’s fortunes—i.e., #avocadotoast—appears to have been unscripted. It started with actor/health influencer Gwyneth Paltrow and her 2013 cookbook *It’s All Good*. In the book, Paltrow included a recipe for

avocado toast, calling it the “holy trinity of Veganaise, avocado, and salt” and writing that it was the single recipe she and her coauthor ate most often. Food bloggers and magazines got on board, publishing their own versions. Millennials, newly besotted with Instagram and posting pictures of every meal, joined in. So did retailers, restaurants and chefs. Google “avocado recipe” today and more than 438 million results will surface. That’s more than the results you’ll get for chocolate chip cookies, mac and cheese and baked feta pasta combined.

You might say the avocado’s transformation is complete. The latest research shows that one avocado provides about 14 grams of fiber and 4 grams of protein. It also is a source for vitamins C, E, K, B12 and B6, folate, magnesium and copper. Of the avocado’s approximately 22 grams of fat, 19 are the kind that help to lower cholesterol and reduce your risk of heart disease and stroke.

Avocados no longer need Angie Dickinson or any other celebrity to promote their superior nutritional content. They are superstars in their own right. ●

A Super Fruit

The buttery avocado is packed with good fats, antioxidants and fiber. What more could you want from a piece of produce?







NUTRITION'S ROCK STAR

Can an avocado a day help keep illness at bay?
Here's what the research has to say.

BY DEVINEÉ LINGO, M.S., RDN

REVIEWED BY DIETITIAN MARIA LAURA HADDAD-GARCIA



Originally referred to as aguacates or alligator pears—and botanically related to berries—avocados contain the highest amount of fat, calories and protein of any fruit.

They also boast their fair share of fiber, potassium, magnesium, B vitamins (such as folate), vitamin E and carotenoids, among other nutrients, and their buttery, slightly nutty flavor is hard to resist. No wonder avocado consumption has increased dramatically worldwide.

But does the avocado's nutritional profile translate into health benefits? And is the fruit truly worth its price tag? Here's what the science has to say.

EATING AVOCADOS MAY IMPROVE YOUR GUT HEALTH

Cultivating a healthy gut is critical for your overall health and well-being, and avocados, with their high dietary fiber content, can play a role. According to the USDA, one avocado contains around 13.5 grams of fiber, which is nearly half of the 2020–2025 Dietary Guidelines for Americans recommendation of 28 to 34 grams per day.

By meeting the recommended daily intake of dietary fiber, you're helping to feed your gut's good bacteria.

"Many fiber-rich foods include prebiotic elements," explains JeJe Noval, Ph.D., RDN, referring to the plant fibers that act as food for microflora. When you consume a variety of prebiotic-rich foods—such as avocados, berries and nuts—they work together with probiotic-rich foods like sauerkraut, kimchi and yogurt to produce the short-chain fatty acids that are important to the health of gut cells and the gut lining.

A 2021 study published in the *Journal of Nutrition* found that daily avocado consumption resulted in an increase in fiber-fermenting bacteria and short-chain fatty acids production, as well as a reduction of fecal bile acid concentrations. High bile acid concentrations are problematic because they can increase gut inflammation and lead to several conditions, including gallbladder issues, Noval explains. "Decreasing fecal bile acid can decrease unexplained diarrhea in some individuals, which can lead to nutrient malabsorption if not treated in a timely manner," she adds.



YOU MAY MAINTAIN A HEALTHY WEIGHT

Although the fat content of avocados is high and the fruit is calorie-dense, adding them to your meals may benefit healthy weight management. A 2022 study published in the *Journal of American Heart Association* showed that people who ate one avocado a day for six months maintained a stable body weight. In fact, daily avocado consumption may actually prevent weight gain, according to a 2019 study in *Nutrients*, and may also help to reduce visceral fat among females, according to a 2021 *Journal of Nutrition* study.

The reason avocados are excellent for healthy weight management is because of their fiber and monounsaturated fat content. Fiber has been shown

to increase feelings of satiety, while monounsaturated fats (specifically oleic acid) can decrease fat storage when consumed in adequate amounts, according to a 2021 review in *Nutrients*.

YOU MAY REDUCE YOUR RISK OF HEART DISEASE

According to the Centers for Disease Control and Prevention, heart disease remains the leading cause of death in the United States among men, women and people of all racial and ethnic backgrounds. In order to reduce the risk of developing heart disease, it is vital to adopt a diet rich in potassium, magnesium, fiber, folate, monounsaturated fats, polyphenols and antioxidants. Each of

Just How Healthy Are Avocados?

For starters, they're packed with antioxidants, fiber and potassium.

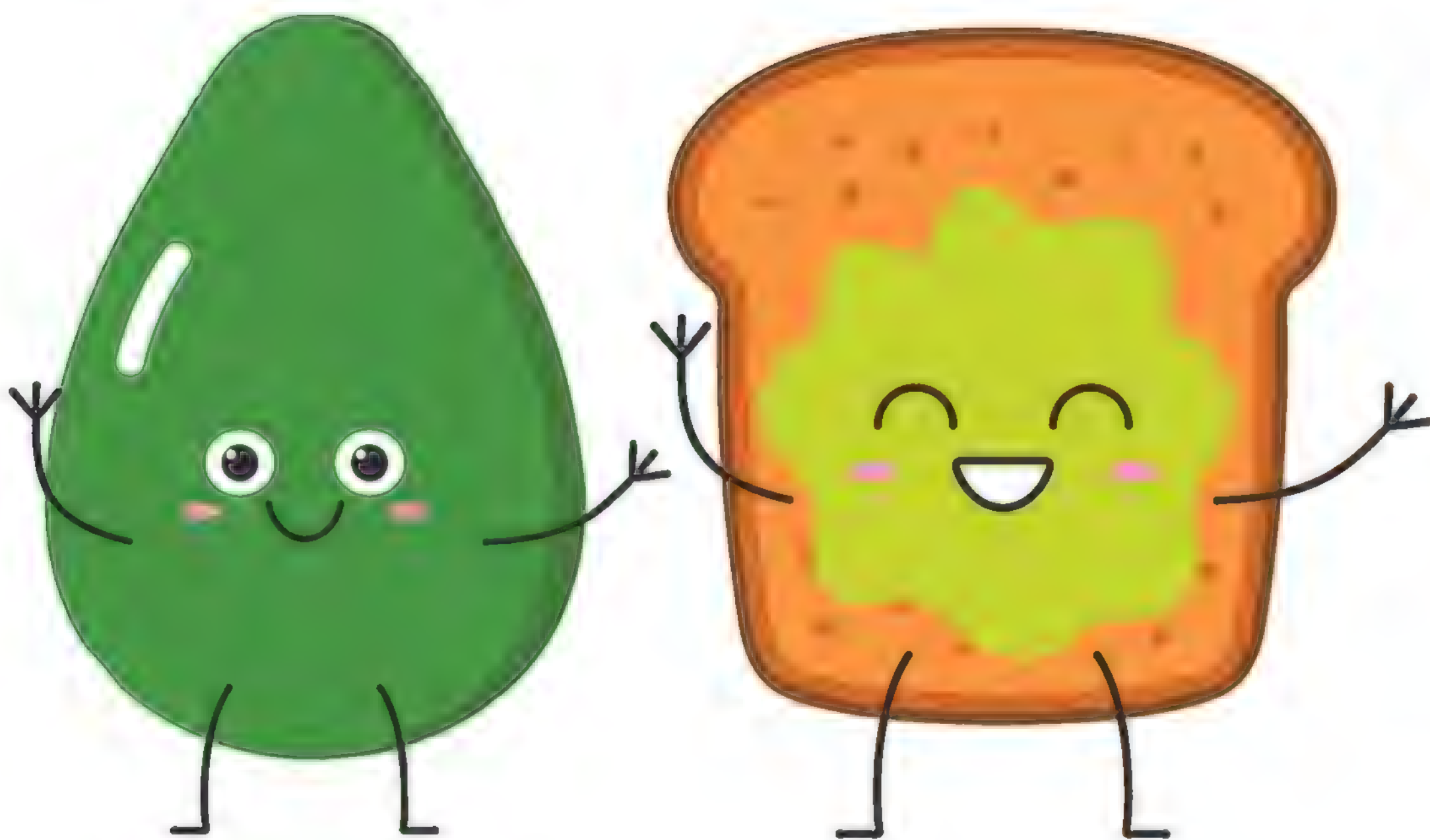
BY JUNO DEMELO



Like most fruit, avocados deliver essential nutrients, including fiber (one serving—about one-third of an avocado—contains around 4 grams), as well as antioxidants like vitamins C and E and lutein. Researchers have linked avocado consumption with improved cognition, citing the fruit's lutein content, and noted that the brain-bolstering antioxidant is particularly well absorbed from avocado (thank you, monounsaturated fats!). These healthy fats can also help boost your body's ability to absorb

fat-soluble vitamins, such as A, K, E and D, in other foods and lower your LDL, or "bad" cholesterol. "Avocados also deliver about 250 milligrams of potassium [per serving], which most of us don't get enough of," says Bonnie Taub-Dix, RDN, the author of *Read It Before You Eat It: Taking You from Label to Table*. "They're real multitaskers from a health and flavor standpoint, because they work in sandwiches and salads, but also replace saturated fats in baked goods." ●





these heart-healthy nutrients is perfectly packaged inside a ripe avocado.

A 2022 study in the *Journal of the American Heart Association* found that consuming avocados was associated with a 16 to 22 percent decreased risk of cardiovascular disease and coronary heart disease. The researchers noted that swapping half a serving of butter, margarine, egg, cheese, yogurt or processed meat with the same amount of avocado significantly lowered the risk of these conditions. A 2020 study in the *Journal of Nutrition* reported that one way avocados reduce heart disease risk was by decreasing oxidized LDL cholesterol that may lead to clogged arteries.

YOU MAY IMPROVE YOUR BRAIN FUNCTION

If you're interested in preventing cognitive decline and improving your brain health, daily avocado consumption may help. According to a 2020 study in the *International Journal of Psychology*, avocados contain the compound lutein, which crosses the blood-brain barrier and may improve cognitive function. Lutein is a carotenoid, or plant pigment, that makes

up 66 to 77 percent of the total carotenoid concentration in the human brain. It is believed to impart antioxidant and anti-inflammatory properties that aid in brain protection.

A 2021 *Frontiers in Nutrition* study found that older individuals who consumed avocado or guacamole had significantly greater scores across all cognitive tests, including those looking at memory—usually the first area to decline in individuals with age-related neurodegenerative diseases.

Avocados are excellent for healthy weight management because of their fiber and monosaturated fat content.

THE BOTTOM LINE

Avocados are much more than their creamy texture and rich flavor. They contain an array of vitamins, minerals, antioxidants, healthy fats and fiber that may improve your gut health, lower your risk of developing heart disease, promote healthy weight management and enhance brain function. ●

A Breed Apart

There are high hopes for the Luna UCR, a new variety of avocado that could help farmers with their production and consumers with their wallets.

BY DJ CASHMERE

REVIEWED BY DIETITIAN JESSICA BALL, M.S., RD



When it comes to avocados, there is a number that bothers horticulturalist Mary Lu Arpaia, and that number is one. Why? Because of the hundreds of types of avocados in the world, there is a single variety that dominates the American market. It's called the Hass (rhymes with "pass"), and it accounts for roughly 95 percent of U.S. avocado sales.

Arpaia's opinion matters because she leads the avocado-tree breeding program at the University of California, Riverside and dreams of the day when avocado shopping will be a little more like apple shopping. "You may like Fuji, I may like Envy, he may like Gala—but we have the choice," she says. Why shouldn't avocados be the same?

Who knew we needed to improve on the avocado? The popular fruit, so packed with vitamins and minerals and associated with many health benefits, is often described as a nutrition powerhouse. Over the last three decades, per capita consumption of avocados in the U.S. has

skyrocketed to about nine pounds a year, up from 1.5 pounds in the 1990s. And therein lies the rub: American growers with limited acreage and climate challenges can't keep up. Hass trees are large, requiring up to 40 feet of space between one another at full maturity, which means a lot of land. The trees bear fruit on the outside of their canopies, unprotected by branches and leaves, which means their fruit is susceptible to sunburn and wind scarring. Their yield can also be unpredictable: In 2022, for example, there was first a shortage that shot wholesale prices up to record levels, then a glut with so much excess

Hass, one Philadelphia nonprofit gave away 200,000 of them.

The bottom line: To expand the \$300 million U.S. avocado crop—and grab a slice of an import market about 10 times that number—farmers need a more efficient tree. More efficiency would translate into a higher yield, better margins and increased profits. For shoppers, a more productive avocado tree could also bring down prices that currently can range from \$1 to \$3 and even \$5 per avocado.

That's where Arpaia and her colleague Eric Focht come in. In 2023, the two researchers debuted the Luna UCR, (patent pending), a

next-generation avocado that hits multiple agricultural targets. The Luna, named for Arpaia's dog, grows on a smaller tree, allowing for denser planting; the smaller size also makes for easier pruning and harvesting. The Luna's fruit is better protected by the canopy than the Hass, so there's less sunburn, and it is a plant that pollinates other plants efficiently. How promising is the Luna? *Time* magazine named it one of the Best Inventions of 2023, calling it "one very special avocado."

Riverside has some good global company in its quest to build a more productive avocado tree. The MIGAL Galilee Research Institute in Israel is working on speeding up seedling production. The National Laboratory of Genomics for Biodiversity in Mexico has sequenced the avocado genome, which could help with future farming. Still, the Riverside program is in a class by itself in term of producing new breeds—eight in total—not to mention its long history.

The program dates to the 1950s, when the dominant avocado variety in the U.S. was fast shifting from the Fuerte, which had an appealing taste and green skin, to the Hass, which had a longer harvest season and was so productive as a crop that prices dropped from \$1 to as low as 25 cents each.

Yet the Hass still had a major drawback: Its skin turned black when





ripe, and consumers associated a black peel with spoiled fruit. What America's growers really wanted was a Hass-like fruit that stayed green—and that's what the University of California,

Riverside set out to breed. Among the eight varieties the program has produced is the Gwen, which came out in 1983. It stayed green when ripe and was creamy and delicious, but by the time

the Gwen hit the market, an advertising campaign called "Ripe for Tonight" had taught consumers that the black peel of the Hass didn't mean the fruit was rotten—it meant that it was ready

to eat. Varieties called the Gem and the Harvest followed, but neither caught on with growers or consumers; nor did other Riverside varieties.

By contrast, enthusiasm for the Luna UCR is high. Dubbed "the great-granddaughter of the Hass," the Luna has generated interest both in the media and in agricultural circles. Arpaia and Focht are especially enthusiastic about the Luna's pollenizing possibilities, since many growers dedicate about a tenth of their land to avocado varieties that are good pollenizers for the Hass but don't sell well themselves. "That's basically value lost [to farmers]," says Focht.

If Lunas catch on, growers could replace their current pollenizer trees with Lunas and increase their profits. The process may take a decade or so, since farmers would first need to buy into the Luna, and once the trees were planted, they would need five to 10 years before they would produce avocados. Then, Arpaia predicts, you would start seeing the new variety at local farmers markets, then specialty grocers, and then, maybe, mass-market grocery chains.

In the meantime, she and Focht continue to pursue their dream of a produce aisle that treats avocados like apples. Next time you're at your local farmers market or favorite grocer, Focht says, "Go to your guys and demand more variety in avocados!" ●



AVOCADO OIL VS. COCONUT OIL

Here's how the nutritional breakdown of these two popular plant-based oils compares.

BY JULIE FLOYD JONES

REVIEWED BY DIETITIAN MARIA LAURA HADDAD-GARCIA

W

hether you're baking, stir-frying, sautéing or roasting, chances are your recipe calls for oil, or at least a small amount of it. Oil enhances the flavor in foods, acts as a heat-transferring agent, can prevent foods from sticking to pots and pans and improves the texture and tenderness of foods.

Hundreds of oils are available on the market, but not all cooking oils are created equal. There are different flavor profiles, different smoke points (the temperature at which the oil begins to burn and may become unstable) and different health benefits and risks. The type of oil you cook with may affect the nutritional value of the foods you are cooking.

"The cooking oil you choose can have a profound impact on your long-term health," says physician and brain-health expert Annie Fenn, M.D. "Just like with any food you consume regularly, be strategic about quality. Find products that are unrefined, minimally processed, and with a balance of what I like to call the brain-friendly fats: mostly monounsaturated, some polyunsaturated and very few saturated fats."

Two oils that have become very popular over the past few years are avocado oil and coconut oil. Both are plant-based oils with high smoke points, but their nutritional value, benefits and risks are very different.

AVOCADO OIL

Research "healthy fats" and you'll see that avocados appear on almost every list. Avocado oil is made when the oil is pressed from the avocado fruit. It has a mild flavor and aroma and a high smoke point. When unrefined, it maintains some of the mild green color of the avocado fruit.

Avocado oil is made up primarily of monounsaturated fats. These healthy fats are the same type of fats found in olive oil. They are liquid at room temperature, and according to the American Heart Association, they can help lower bad cholesterol (LDL).

The monounsaturated fats found in oils such as olive oil and avocado oil are healthier than saturated fats and provide additional health benefits, says Fenn. "Avocado oil is packed with polyphenols—the potent antioxidants that help mop up the by-products of oxidative stress in the body and the brain,"



she says. “And it provides brain-healthy carotenoids, especially lutein, which has been shown to reduce age-related macular degeneration.” According to a 2019 meta-analysis published in *PLOS One*, lutein supplementation (10 or 20 mg/day for more than six months) may significantly improve visual acuity in people with age-related macular degeneration.

Fenn recommends exercising caution around the idea that avocado oil has “proven” health benefits, as it is still too early to have long-term trial results. “While avocado oil provides many health-promoting substances, we don’t have long-term studies that show it can actually prevent disease,” she says.

When purchasing avocado oil, focusing on quality is important because there are so many products coming into the marketplace, and popularity has outpaced quality control. A 2020 study published in *Food Control* found that 82 percent of the avocado oil found in the United States was poor quality, mixed with other oils or mislabeled.

Fenn suggests always purchasing “extra virgin” avocado oil that is 100 percent pure, unrefined and cold-pressed; has a harvest date on the label; and is emerald green. Color, determined by chlorophyll content, “is an indication of quality,” she says.

COCONUT OIL

Coconut oil has a number of qualities that make it suitable for baked goods and certain styles of cooking, Fenn says. It is similar to butter in texture and fat content and has a mild, nutty flavor and hint of sweetness that can help offset the bitterness in certain foods. What’s more, coconut oil has a high smoke point.

Yet views on the health benefits of coconut oil have changed. Early research suggested that the product was a heart-healthy option with no effects on cholesterol levels. But more recently, coconut oil has been linked to increases in LDL cholesterol levels because of its high saturated fat content, according to a 2020 report published by the American Heart Association. “The problem with coconut oil is that it’s too high in saturated fat to be consumed regularly in a heart- or brain-healthy dietary pattern,” explains Fenn.

Instead of categorizing saturated fats as bad, think of an overall balanced diet in which all foods fit, following the recommended intake for each one. According to the Dietary Guidelines for Americans, saturated fats should contribute less than 10 percent of your daily calories. A 2020 meta-analysis published in *Circulation*, for example, found that occasional use of coconut oil is fine but that consistent use might raise your LDL cholesterol.

The solution: Use coconut oil sparingly, and choose unrefined, virgin or extra-virgin coconut oil when you do use it, says Fenn. “Avoid refined or partially hydrogenated coconut oil, and look for blends of high-quality coconut oil and pure avocado oil to use for high-heat cooking when you want the flavor of coconut without all the saturated fat.”

THE BOTTOM LINE

Hands down, avocado oil is a healthier option for regular use than coconut oil, due to its fat profile and antioxidant properties.

“We have solid scientific data that supports minimizing saturated fat in the diet to reduce your risk of heart disease and Alzheimer’s. That makes avocado oil a clear choice over coconut oil,” says Fenn. “In my kitchen, I use extra-virgin olive oil as my primary cooking oil, avocado oil for neutral flavor and high-heat cooking and coconut oil sparingly, if at all.” ●





Emerald Gold?

Avocado oil could be a beneficial ingredient to add to your skin-care routine.

BY AVA ERICKSON

REVIEWED BY DIETITIAN MARIA LAURA HADDAD-GARCIA



Avocados—packed with healthy fats, antioxidants and potassium—provide your body with nutrients that are key for skin health. But does avocado oil applied directly to your face offer the same benefits?

While research into the subject is limited, a handful of small clinical studies suggest that avocado oil has some dermatologic potential. Among the food's possible benefits: help with healthy aging, wound healing and the

treatment of certain skin conditions.

One 2020 study, where researchers prepared and tested an anti-wrinkle cream that contained saffron extract and avocado oil, found that skin elasticity in the test subjects improved notably after 12 weeks of treatment.

Another 2020 study, done on rats, suggested that avocado oil may help promote wound healing. How? It appeared to decrease the number

of inflammatory cells around the wound and to promote collagen synthesis.

Avocado oil's promise is linked to the beneficial nutrients found in the avocado itself, including vitamin E and oleic acid, which is why the fat is sometimes promoted in skincare products.

If you're interested in incorporating avocado oil into your own skin-care routine, you can apply a few drops to whatever needs moisturizing, or you can try

mixing it into a moisturizer or face mask.

Avocado oil works as a natural makeup remover as well. Just apply some to a cotton round and gently rub your eyes, lips and face.

One word of warning: Many people with latex allergies also react to avocados. Do a patch test by applying a drop of avocado oil to a small, hidden area of your skin and wait 24 to 48 hours to ensure you do not have any allergic reactions or irritation. ●

Dogs and Avocado

The fruit may be nutritious for humans, but it could pose a variety of dangers to your pet's health.

BY BRENDAN HOWARD

MEDICALLY REVIEWED BY JENNA STREGOWSKI, RVT



IS IT OK FOR DOGS TO EAT AVOCADO?

It depends on the source of the fruit. If your pet snatches some avocado off the breakfast table or from a tree in your backyard, he could be in some danger of digestive distress or worse. However, if your pet's dog food or treats include avocado as an ingredient, it should be fine, since the amount of the fruit found in these products is typically small, so the amount will be nontoxic. If you frequently have avocados in the kitchen, make sure all the other members of your household know about the dangers of feeding it—and other human foods—to your pets.

WHAT PART OF THE AVOCADO IS USED IN MAKING DOG FOOD?

Some commercial dog foods or dog treats include ingredients made from the pulp—that soft, green stuff around the pit that we enjoy in guacamole. Others may include small amounts of avocado oil.

WHY NOT RAW AVOCADO?

Parts of the fruit contain persin, a fungus-killing toxin. Persin can cause damage to your pet's myocardium (heart muscle), and it can be even more dangerous for other household pets, including birds and rabbits. "The leaves, fruit, seeds and bark of avocados all contain persin, which can cause vomiting and diarrhea in dogs," says Tina Wismer, DVM, DABVT, DABT, and senior director at the ASPCA Animal Poison Control Center.

The pit of an avocado poses another threat to your pup: It can create a dangerous obstruction if a dog swallows it by getting stuck in his digestive tract and requiring surgery to remove, says Wismer.

Then there's the high fat content of raw avocado, which can aggravate your dog's stomach and inflame his pancreas, an organ crucial for digestion and hormone regulation. An inflamed pancreas could lead to

pancreatitis, a painful condition that requires medical attention. If you're watching your dog's weight or your dog has a history of pancreas issues, consider other lower-calorie, lower-fat fruits or vegetables like carrots or apples as a safer treat.

WHAT ABOUT AVOCADO IN GROOMING PRODUCTS?

The avocado oil found in some dog shampoos and detanglers could be healthy moisturizing agents for your pet.

ARE AVOCADOS GOOD FOR DOGS IN ANY WAY?

While you should consult with your veterinarian, it's best to avoid giving your dog any avocado. Even if you keep the pit and the persin away from him, the high-fat content can contribute to weight gain or pancreatitis. You and your vet will be able to make an informed decision about whether your dog can safely eat avocado based on his health history and specific nutritional needs. ●





Buying and Storing

Picking out the perfect avocado—and then ripening it—is more of an art than a science. But we've got some reliable tips to help you along.







THE PERFECT AVOCADO

Fleshy and creamy, but hopefully not stringy!

BY JULIE KENDRICK

REVIEWED BY DIETITIAN EMILY LACHTRUPP, M.S., RD

W

hether you want to whip up a batch of guacamole, craft a superior grain bowl, prepare a perfectly refreshing green smoothie or make some avocado toast, a steady supply of fresh, ripe avocados is essential. But the fruit, which also is known as an alligator pear, can hide a few secrets under that tough, nubby exterior.

HOW TO STORE AVOCADOS

Determining the ripeness of an avocado in the grocery aisle is more art than science, and depends a lot on your touch. A ready-to-eat one will yield to firm, gentle pressure. But the story can change once you slice it open at home. Most of the time, you'll find bright green, creamy flesh—except when you don't and the interior of your perfectly ripe avocado is striped with stringy brown fibers.

Considering the price of avocados, discovering those stringy bits can be disappointing and frustrating. What are those things, and are they edible? Do you have to toss the whole fruit, or is some of it salvagable? Here's all the information you need.

WHAT ARE THE BROWN STRINGS IN AN AVOCADO?

Those brownish ribbons help the avocado thrive. They're officially called "vascular bundles," and like veins in the human body, they carry nutrients and water. Typically, the strands are tied to the age of the avocado tree, explains Terry Splane, vice president of marketing for the California Avocado Commission. "Those strands are generally found in fruit from immature trees," he says.

There can be a number of other factors contributing to the stringiness of your avocado. It could be a function of the avocado variety and of the grower's horticultural and production practices. For example, if the grower harvested from a young tree or improperly stored the harvested avocados, the fruits are more likely to be stringy.

The avocado season, which is tied to the variety and geography, may also play a role. Less-mature fruit might be stringier than fruit harvested later in its season. California avocados tend to be in season from spring through late summer or early fall, while avocados from Mexico are harvested from farms at different elevations throughout the year.



To reduce the odds of getting a stringy avocado, know your fruit. Widely available Hass avocados are generally considered to be the least stringy. Stewart avocados, known for their dark, thinner skin—and rich and nutty flavor—can be on the stringier side.

IS IT OK TO EAT AVOCADO WITH BROWN STRINGS?

Yes, with a common-sense caveat. As long as an avocado looks mostly green and tastes fine, you can eat it, says Splane. If it's entirely brown inside or is giving off a bad smell, you might want to throw it away.

HOW TO REMOVE BROWN STRINGS FROM AN AVOCADO

In most cases, it's easy to simply cut out the strings. However, if there are a lot of them and you're finding it difficult to separate them from the flesh, try this: Pull out your kitchen strainer and use the back of a kitchen spoon to press the avocado flesh through the mesh and into a bowl. Now you've got a perfect bowl of mashed avocado ready for an order of avocado toast, a creamy taco topping or a batch of your killer guacamole.

AVOCADOS ARE A BRIGHT GREEN SUPERFOOD—STINKY OR NOT!

Say you slice open your avocado and discover some of these stringy vascular bundles, and you then have to spend a few minutes removing them. They would be a few minutes well spent, as eating an avocado is a smart nutritional choice. Calorie-dense, the fruit offers major nutritional bang for the buck, according to Splane. "One-third of a medium avocado [50 grams] has 80 calories and contributes nearly 20 vitamins and minerals," says the marketing executive. What's more, the fruit is a great source of potassium, folate, fiber and monounsaturated fats—all of which benefit the heart and cardiovascular systems, according to the U.S. Department of Agriculture.

BOTTOM LINE

You never know what you're going to get when you slice into a ripe avocado. But as long as most of the flesh looks green, the texture is firm and the fruit passes your personal smell test, you should be OK, even if you do encounter some brown strings. Just press the avocado flesh through a sieve and enjoy that freshly mashed avocado! ●





How to Grow an Avocado Plant

Sprout your own in four easy steps.

BY VICTORIA SEAVER, M.S., RD

REVIEWED BY DIETITIAN JESSICA BALL, M.S., RD



1 Remove the pit from the avocado and rinse under water.

2 Peel the thin brown layer of skin from the entire pit. This step helps to keep the pit from going moldy.

3 Wrap the pit in two layers of damp paper towel and place in a reusable sandwich bag. Store the sandwich bag in a cool, dry place (such as your pantry or on top of your counter) and allow it to sit for seven to 14 days. Check

in periodically to see when the root begins to sprout.

4 Once the root has sprouted, place the pit on top of a clear, small-mouthed vessel (like a flower vase or even a used wine bottle)

and fill it to the very top with water. Continue to replenish the water as the roots grow and grow. When the roots outgrow your original vessel, you can transfer your beautiful plant to a larger glass vase and eventually to a pot, if desired. ●



AN UNDERRIPE
AVOCADO WILL
BE READY TO
EAT SOMETIME
BETWEEN ONE
AND FIVE DAYS.





IS IT RIPE?

How to know when an avocado is ready.

BY CASEY BARBER

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e love avocados' creamy texture and taste, their versatility in recipes (especially recipes that are as easy as putting avocados on toast or making guacamole) and all the fruit's stellar health benefits. But picking out a ripe avocado at the grocery store can be tricky. The fruit doesn't start to ripen until it's off the tree, so sometimes we have to wait for avocados to soften at home before we use them.

HOW TO TELL IF AN AVOCADO IS RIPE

Gently squeeze the avocado with the palm of your hand, not your fingertips. This prevents bruising and brown spots. It should be soft but not squishy. (If it's very soft, it's overripe.) If you've found an avocado that seems OK, pop off the stem cap at the top of the fruit with your fingernail. If it comes off easily and is green underneath, the avocado is good to go. If the stem cap is tough to remove, you probably need to wait another day or two. If the spot under the stem cap is brown, the avocado might be overripe—but go ahead and cut into it to see how the flesh looks.

HOW LONG DO AVOCADOS TAKE TO RIPEN?

If you've got an underripe avocado, it can ripen anytime between overnight or four to five days after you bring it home. How long it takes depends on how firm it is when you buy it; the harder it feels, the longer it will take. If you can only get avocados that are firm and not yet ripe, you can speed up the process.

HOW TO RIPEN AVOCADOS

The best way to ripen an avocado is good old-fashioned time and patience. Letting an avocado sit in a warm, room-temperature spot out of direct sunlight is the most natural way for it to ripen. But sometimes you need a ripe avocado sooner than it would naturally be ready to eat.

HOW TO RIPEN AN AVOCADO QUICKLY

You can speed up the avocado-ripening process with a piece of fruit. Put an avocado in a paper bag with a banana, an apple or a kiwi and fold to seal. The other fruit will produce ethylene gas, a plant hormone that aids ripening. The closed brown paper bag traps the gas inside to speed up the

process. You can also place an avocado in a paper bag by itself. This will trap the ethylene gas the avocado is producing, but it won't ripen quite as fast.

AVOCADO-RIPENING HACKS TO SKIP

We tried two other methods that claim to concentrate the ethylene gas and also wick away moisture that might turn the avocado moldy. One was covering the avocado with flour in a paper bag, and the other was covering the avocado with rice in a paper bag. But mold is usually not an issue with avocados that are ripening at room temperature, and neither avocado ripened any faster than one that sat out on the counter by itself.

HOW TO SOFTEN AVOCADOS

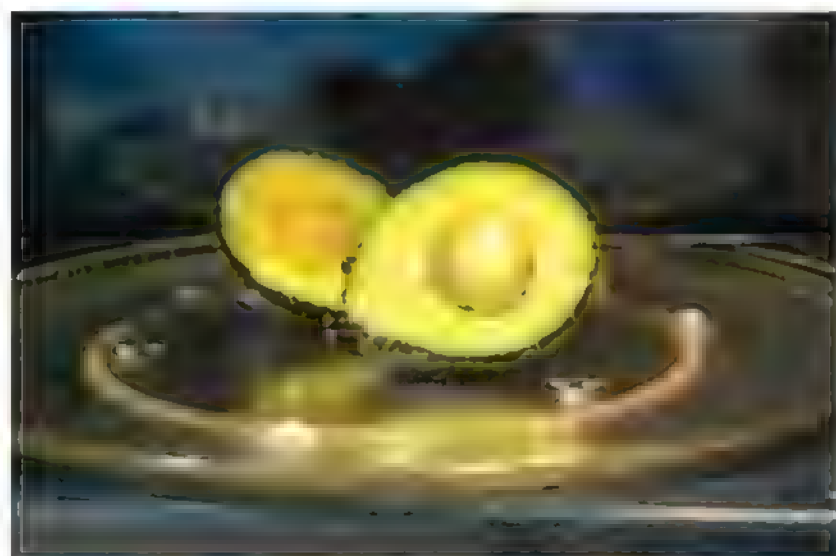
There are two other hacks that can soften (but not technically ripen) an avocado in minutes. Both of these methods will make the avocado usable to mash into guacamole, but the flavor of the avocado won't be as pronounced, and the texture will not be quite as rich and creamy as it would be if it ripened naturally.

HOW TO "RIPEN" AN AVOCADO IN THE OVEN

Preheat the oven to 200°F. Wrap an avocado in foil and bake, checking every 10 minutes, until the avocado is soft enough to use.

HOW TO "RIPEN" ONE IN THE MICROWAVE

Cut the avocado in half and tightly cover each half in plastic wrap. Microwave in 30-second bursts until soft enough to use. Submerge the wrapped avocado halves in a bowl of ice water to stop the cooking process. ●



The Best Way to Cut an Avocado

Learn how to cut, slice and dice the fruit safely, one step at a time.

BY CASEY BARBER





WHAT YOU NEED TO OPEN AN AVOCADO

A single-tasking avocado tool might seem effective, but the truth is, it won't work any better than what you already have in your kitchen. All you need is a cutting board and a sharp knife, preferably ceramic, or even plastic.

Why? A metal knife can react with the avocado to initiate the oxidation process, which

turns the avocado flesh brown. As materials, ceramic and plastic are nonreactive, so the oxidation process doesn't start as quickly—though the avocado will start to brown eventually.

HOW TO CUT OPEN AN AVOCADO

Carefully slice into the avocado with your knife until the blade hits the pit in the center. Run the knife lengthwise around

the avocado. Gently twist the two halves of the avocado in opposite directions to separate the halves and open the avocado.

HOW TO REMOVE AN AVOCADO PIT

To remove the pit with a knife, firmly smack the thick end of the knife blade into the pit until it sticks. Rotate the avocado so that the pit separates from the

flesh but remains on the knife.

To separate the pit from the knife, smack the side of the pit against a cutting board or countertop. That should loosen the knife, and you can pry the pit off of it. If you would rather not use a knife, you can simply run the tip of a spoon around the pit and scoop it out.

HOW TO SLICE AN AVOCADO

With the pit removed and the avocado still in the peel, make vertical slices with the tip of the knife. Run a spoon around the edge of the avocado to separate the peel and the flesh, then scoop out the slices.

HOW TO DICE AN AVOCADO

Start by slicing the avocado as described above, then make horizontal slices to create cubes. Run a spoon around the edge of the avocado to separate the peel and the flesh, then scoop out the diced avocado. Use diced avocado in salads or as part of a fresh salsa.

HOW TO PEEL AN AVOCADO

Whether you're dicing or slicing, it's easy to peel an avocado. Simply run a spoon around the edge of the avocado and it will release the flesh. However, if you don't plan to eat the entire avocado at once, be sure to leave the remaining flesh in the peel for storage purposes. ●

Store It

Saving the other half of an avocado has never been easier.

BY DONNA CURRIE AND JULIE LAING

FOODSAVER CORDLESS HANDHELD VACUUM SEALER

Since air is the enemy of avocados when preserving, vacuum sealing makes sense. During testing, we thought this handheld device did a good job of removing air from small bags and keeping it out. You can fill the bag with avocados with or without their pits, or even avocado slices, but pieces with more exposed surface area will darken more quickly. We recommend sealing avocado halves without the pit and with the flesh

facing you so that you reduce your chances of squishing the avocado. The low-powered vacuum took about eight seconds to suck all the air from a quart bag with an avocado half, so use small bags unless you have a lot of food to store. The included bags can be washed by hand and reused but are not freezer-proof. You can also use this handheld device for other vegetables, deli meats and cheeses that you want to store in the fridge, as well as for packaging dry goods.

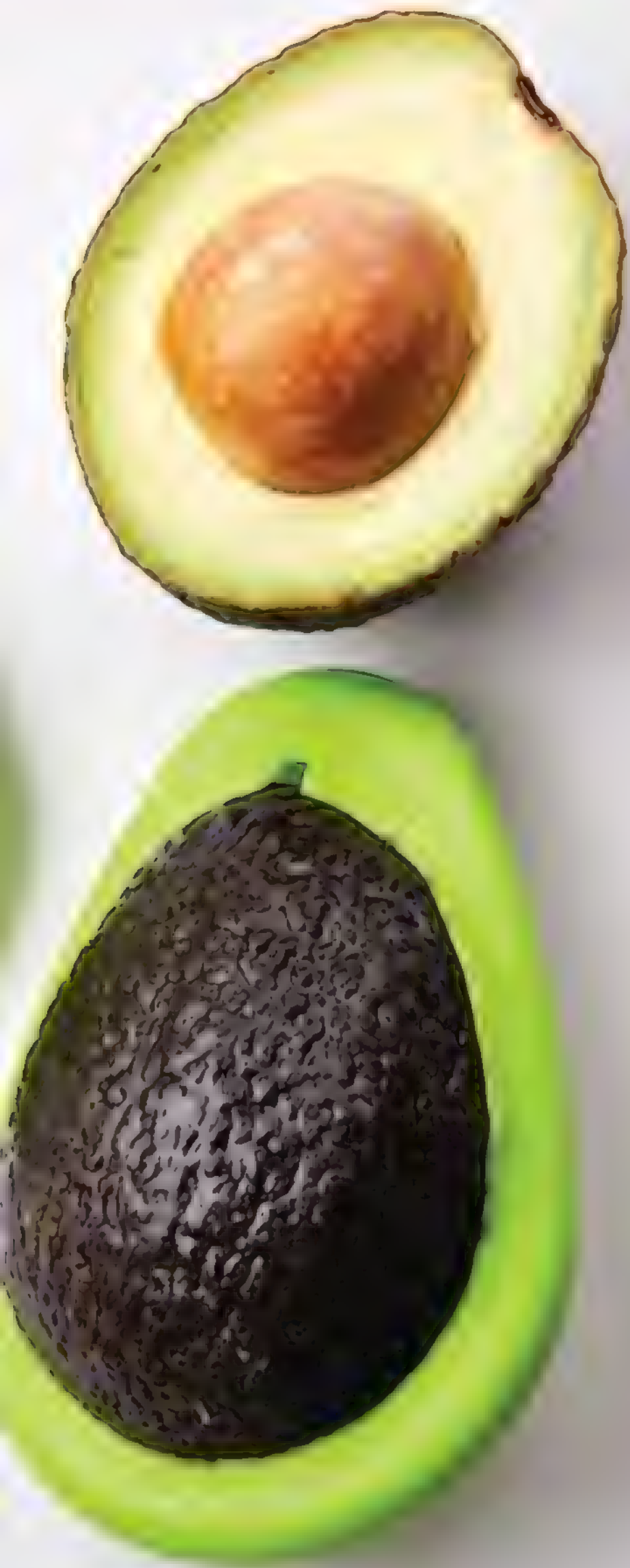


THE FOOD HUGGERS AVOCADO HUGGER

A women-owned small business, Food Huggers offers several storage solutions that stretch over the cut side of different-size round-shaped fruits and vegetables, including avocado halves. They even have a “pit pocket” designed to slip over the pit if it’s left in the cut avocado, or to be pushed into the hole in the avocado if the pit has been

removed. During testing, the pit pocket popped out naturally, keeping the pit in place and air away from the green flesh. The hugger didn’t work as well when the pit was removed. Unless the pit hole was quite deep and perfectly round, the silicone would pop back after it was pressed into the hole. We could still get an airtight seal on the cut surface, but the hole left by the pit browned a little more quickly.





BEE'S WRAP

These all-natural wraps, made of cotton, beeswax, plant oil and tree resin, can be used to store any kind of food, including avocados. It is the warmth of your hands that softens the wrap and creates a seal to itself; then the sheets firm up again and hold their shape until you're ready to unwrap. We did not expect them to seal so securely against

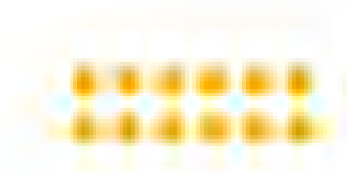
something as delicate as an avocado, but the wrap was tacky enough to stay in place. We recommend leaving the avocado skin on and the pit in place, which gives you something firm to press against as you seal the wrap. Setting the avocado pit side down on the wrap, sealing the edges around the skin and then storing it in the fridge with the pit facing up minimized bruising.



HOW NOT TO STORE AN AVOCADO

Martha Stewart (among others) has suggested that the best way to keep a cut avocado fresh is in a bowl of water in the refrigerator. Whatever you do, ignore this advice! The Food and Drug Administration has explained that storing avocados this way—underwater—could actually make you sick. Avocados can have salmonella and listeria on their surface, and storing them in water gives

those pathogens a better chance of multiplying. Disinfecting the surface of the avocado will not help you avoid this problem: Even if the stem on your avocado is intact, the fruit doesn't have airtight skin. Contaminated water can seep into the opening between the avocado's flesh and its skin, keeping your avocado unoxidized but potentially contaminated with pathogens that can make you extremely ill. ●



THE BIG FREEZE

We tested the best ways to use frozen avocado.

BY LISA VALENTE, M.S., RD

REVIEWED BY DIETITIAN MARIA LAURA HADDAD-GARCIA

T

apping into Americans' avo obsession, a handful of food manufacturers have begun to offer frozen avocado in bite-size dice to make it easier for consumers to have some of their favorite antioxidant-packed food at the ready. Frozen avocado cuts down on frustration—who hasn't purchased a nice-looking avocado and cut into a brownish, bruised fruit?—and waste. You just use what you need and pop the rest back into the freezer.

As with other frozen produce, frozen avocado works well in smoothies, and it is often perfect for your avocado toast recipe. But it can't stand in for fresh every time, whether we're talking about baked goods or salads. What works, and what doesn't? Read on for the results of our test. We also did a little cost comparison to find out if frozen is a more budget-friendly option, and we also dug into the nutrition.

BEST WAYS TO USE FROZEN AVOCADO

In a smoothie: This feels like the most obvious way to use frozen avocado. Adding some of the

bite-size nuggets to your green or other variety of smoothie is an easy way to boost the healthy fat and fiber content, plus it makes your smoothies creamy and dreamy. We liked the way it tasted (in milkshakes, too) but found that if all the produce in the recipe was frozen, we sometimes needed to add a little more liquid for easy blending.

On toast: On bread by itself, frozen avocado tasted a little sour from the citric acid used as a preservative. But mashed up, with an egg and some Sriracha on top? We barely noticed a difference between fresh and thawed frozen. Use the frozen chunks to make a sandwich spread, or on toast with toppings.

In guacamole: Frozen avocado mashed with some lime juice and salt and then scooped up with chips was a fine alternative to fresh (one food editor found his frozen-avo guacamole was just slightly watery, but it was still enjoyable). As with avocado toast recipes, we felt that guacamole made with frozen avocado tended to benefit (both texture and tastewise) from flavorful additions. Throw in some cheese, tomatoes, roasted garlic or onion.



Pairing avocado
with kale produces
this Really Green
Smoothie. The recipe
is at [eatingwell.com/
greensmoothie](http://eatingwell.com/greensmoothie).

WORST WAY TO USE FROZEN AVOCADO

On top of a salad or grain bowl: Thawing the chunks and using them to jazz up a salad or bowl just didn't work. Between the slight texture difference and the fact that the avocado nuggets were standing on their own (not blended into anything), we thought the frozen fell short.

BEST TIPS FOR THAWING FROZEN AVOCADO

While some packaging has instructions for how to microwave the contents, we preferred to let the chunks thaw on the counter for about an hour, or even less. Microwaving just risks them getting too warm and ruining the texture. Welch's recommends serving its frozen avocado slightly frozen.

Make sure your bag is sealed tight. Even if the product comes in a resealable bag, you may want to add a bag clip or rubber band to make sure it's closed. Our bag opened up on us in the freezer (which may have been user error), and this led to some freezer-burned chunks.

WILL FROZEN AVOCADO SAVE YOU MONEY?

A 10-ounce bag of frozen avocado retails for around \$5, while a fresh avocado (with the pit and skin

removed) usually yields between 3 and 5 ounces per fruit and costs \$1–\$2. The most important way a bag of frozen avocado can save you money is by cutting down on waste. You only use what you need.

FROZEN AVOCADO NUTRITION

If there is no added salt or sugar, frozen avocado delivers the same nutrition as fresh. Typically, the ingredients are avocado, citric acid and ascorbic acid. Ascorbic acid is vitamin C and helps maintain color and prevent spoilage. Citric acid also helps preserve color and is considered safe by both the FDA and the consumer advocacy group the Center for Science in the Public Interest. A quarter-cup serving of frozen avocado chunks has 50 calories, 4.5 grams of fat, 2 grams of fiber and 1 gram of protein.

THE BOTTOM LINE

This product is a great addition to your freezer if you make smoothies or avocado toast regularly. It also works well for last-minute guacamole, so having a bag on hand means you're always ready for a party (just add chips). Just don't microwave it or expect it to be a star ingredient for your salads. ●





Frozen Avocado Made Easy

Prevent browning and freezer burn.

BY LAUREN SALKELD



As with all food preservation, it's best to freeze avocados when they're ripe rather than when they're really better suited for the trash or compost bin.

THE BEST OPTION IS TO FREEZE AVOCADO AS A PUREE

In a blender or food processor, combine cut avocado with fresh lemon or lime juice (use about 1 tablespoon of juice for every medium avocado) and process until smooth. Next, transfer the avocado to an airtight freezer bag, leaving a little room for expansion; then label,

date and freeze for up to four months.

You can mash the avocado and add citrus juice by hand, but using a blender or food processor ensures the acid is evenly distributed throughout, which helps preserve the avocado and prevent browning. When deciding how smooth to make your mashed avocado or whether to use lemon or lime juice, consider how you'll use the avocado once it's defrosted.

ALTERNATIVELY, YOU CAN FREEZE YOUR AVOCADO HALVES

While you don't want



to freeze chunks or slices of avocado—the texture and color will suffer—freezing halves is a good compromise, and the process will be a bit faster than pureeing or mashing. Cut the

avocado in half, remove the pit and peel and brush the flesh with lemon or lime juice, then wrap tightly in plastic wrap and seal in an airtight plastic bag. Label and date the bag. ●

Let's Cook

When it comes to favorite dishes, guacamole and avocado toast are no-brainers. But this delicious fruit can elevate everything from main courses to smoothies.







THE ULTIMATE GUACAMOLE GUIDE

Learn how to make perfect guacamole with these expert tips and tricks. Plus: four of our favorite new twists on the beloved dip.

BY EMILY MCKENNA AND KIMBERLY HOLLAND

REVIEWED BY DIETITIAN
MARIA LAURA HADDAD-GARCIA

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uacamole is always a crowd-pleaser, whether it's game day or a backyard gathering. It is also highly versatile. In addition to working as a dip, guacamole can be a taco condiment, sandwich spread, grain bowl addition, sweet potato topper and so much more.

Homemade guacamole beats store-bought any day. Here, our best tips, tricks and secrets to making the best—and healthiest—guacamole.

USE RIPE AVOCADOS

The foundation of any respectable guacamole is ripe avocados. The slightly bumpy skin of the Hass avocado, one of the most common varieties available year-round, turns from green to purplish-black as it ripens.

Look for the “button” (the tip of the stem) still attached to a Hass avocado. Sometimes the button falls off an avocado when it's ripe, but the remaining indentation should still be green. If it is still on, pick it off—the color underneath is your guide to what the rest of the avocado looks like. If the indentation





is yellow, it's not quite ripe enough, whereas green means go, and it's ready to eat. Avoid a black indentation; the avocado may be rotten.

Another good indicator is feel. When ripe, an avocado will give slightly when you press it gently with your palm. You can speed up the ripening process, which can take up to a week, by putting avocados in a brown paper bag with a banana or apple.

BE BOLD WITH GARLIC AND ONION

Finely chopped onions and garlic can add a depth of flavor to any guacamole, along with a little salt. Sprinkle the salt directly onto the chopped onions and garlic to bring out their juices and natural flavor before mixing them into the guacamole.

If you have time, roast some garlic, which adds a sweet earthiness that balances the sharp bite of the raw stuff. A good rule of thumb is one large, finely chopped clove of raw garlic for every two cloves of roasted garlic. Roasting garlic is easy: Simply wrap a whole head in foil and roast it in a 400°F oven for 40 to 50 minutes. After the garlic cools, you can squeeze the cloves out of their skins.

If you like more heat, add chili powder to taste or a diced jalapeño or serrano.

USE FRESH CILANTRO AND LIMES

Fresh cilantro and lime juice are to guacamole what good cheddar is to mac and cheese: absolutely essential! A whole lime or two squeezed into your guacamole, along with a handful of chopped cilantro, will provide a welcome burst of brightness and astringency to your dip. A bonus: Fresh lime juice slows down the oxidation process, preventing your guacamole from turning brown.

Lime buying tips: Look for shiny, bright-green limes that feel heavy for their size. Opt for limes that gives a little when squeezed, rather than hard ones.

Cilantro buying tips: You want cilantro with bright-green leaves that look fresh, not wilted. The stems have as much flavor as the leaves, so don't be afraid to use them. Just discard any tough ends before chopping.

TAKE SMART SHORTCUTS

If your guacamole craving can't wait while you chop garlic and herbs or juice limes, take some help from the supermarket. Just add a couple spoonfuls of jarred pico de gallo, which has all of the traditional guacamole add-ins, to your recipe and shave off a good five minutes of prep. If you are really in

a rush—say, with only five minutes left until halftime is over—grab a package of pre-mashed avocado, available in the produce department of some markets.

Keep guacamole from going brown with these strategies.

Add extra lime juice. The acidic nature of lime juice guards against oxidation, so put an extra squeeze or two atop the dip before storing. When it's time to serve, mix the juice back in. Not only does it help slow browning, but it will give the guac a burst of fresh flavor.

Press the plastic wrap. Decrease the amount of air that can reach the guac by pushing plastic wrap onto the surface. The direct contact between the dip and the wrap will slow oxidation, leaving it more presentable for a longer period of time. ●





+
MAKE-AHEAD TIP:
 COVER TIGHTLY
 TO PREVENT
 BROWNING AND
 REFRIGERATE UP
 TO EIGHT HOURS.

Jason Mraz's Guacamole

ACTIVE: 20 min **TOTAL:** 20 min
In this easy guacamole recipe, musician Mraz prefers California Hass or Reed avocados because they are the creamiest. Adjust the heat, tang or other flavorings to suit your taste.

- 4 ripe avocados
- ⅓ cup finely chopped red onion
- ½ cup chopped fresh cilantro

- ¼ cup lime or lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon fine sea salt
- Ground pepper to taste
- Hot sauce, finely diced fresh jalapeños, cayenne pepper and/or chipotle powder to taste

Mash avocados in a medium bowl. Add onion, cilantro, lime (or

lemon) juice, oil, salt and pepper and stir to combine. Season with hot sauce, jalapeños, cayenne and/or chipotle, if desired.

SERVINGS 12 **SERVING SIZE** ¼ CUP
CALORIES 121 **CARBOHYDRATES** 7G
DIETARY FIBER 5G **TOTAL SUGARS** 1G
PROTEIN 1G **TOTAL FAT** 11G **SATURATED FAT** 2G **VITAMIN A** 146IU **VITAMIN C** 9MG
FOLATE 56MCG **SODIUM** 52MG **CALCIUM** 10MG **IRON** 0MG **MAGNESIUM** 21MG
POTASSIUM 341MG





Tequila Guacamole

ACTIVE: 10 min **TOTAL:** 10 min

Margarita lovers will go crazy for this twist on classic guacamole, with tequila adding an extra layer of flavor and blending deliciously with the fresh lime juice and jalapeño. (Omit the tequila if you're serving to kids.)

- $\frac{1}{4}$ cup finely chopped white onion
- 3 tablespoons finely chopped jalapeño, seeds removed
- $\frac{1}{4}$ cup chopped tomato, seeds removed
- 1 tablespoon fresh lime juice
- 1 tablespoon silver tequila
- $\frac{3}{8}$ teaspoon kosher salt
- 2 medium avocados
- Tortilla chips for serving

1. Combine onion, jalapeño, tomato, lime juice, tequila and salt in a medium bowl.
2. Add avocados and mash with a fork or potato masher to the desired consistency. Serve with tortilla chips.

SERVINGS 6 **SERVING SIZE** $\frac{1}{4}$ CUP
CALORIES 118 **CARBOHYDRATES** 7G
DIETARY FIBER 5G **TOTAL SUGARS** 1G
PROTEIN 2G **TOTAL FAT** 10G **SATURATED FAT** 1G **VITAMIN A** 192IU **VITAMIN C** 12MG
FOLATE 58MCG **SODIUM** 126MG **CALCIUM** 11MG **IRON** 0MG **MAGNESIUM** 22MG
POTASSIUM 362MG



Sweet Potato Skins with Guacamole

ACTIVE: 25 min **TOTAL:** 2 hr

Top crispy sweet potato skins with guacamole for a healthy take on classic potato skins in this easy, crowd-pleasing recipe.

Potato Skins

- 4 small sweet potatoes
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{2}$ cup shredded Cheddar cheese

Guacamole & Toppings

- 1 ripe avocado
- 1 tablespoon lime juice
- 1 clove garlic, minced
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup chopped tomato

- 2 tablespoons minced red onion
- Chopped cilantro for garnish

1. Preheat oven to 400°F.
2. Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, 50 minutes to 1 hour. Carefully unwrap and set aside to cool.
3. Line a baking sheet with parchment paper.
4. Cut the potatoes in half lengthwise and scoop out the flesh, leaving a $\frac{1}{4}$ -inch border (save the scooped-out flesh for another use). Place the sweet potato halves skin side up on the prepared baking sheet. Brush with oil and sprinkle with kosher salt. Bake until browned and

crisp, 20 to 30 minutes.

5. Cut each skin in half widthwise and return to the baking sheet, skin side down. Sprinkle each with 1 tablespoon Cheddar. Return to the oven and bake until the cheese is melted, 8 to 10 minutes.

6. Meanwhile, make the guacamole: Mash avocado in a medium bowl. Stir in lime juice, garlic and salt.

7. Top each sweet potato skin with guacamole, tomato, onion and cilantro, if desired.

SERVINGS 8 **SERVING SIZE** 2 POTATO SKINS
CALORIES 117 **CARBOHYDRATES** 10G
DIETARY FIBER 3G **TOTAL SUGARS** 3G
PROTEIN 3G **TOTAL FAT** 8G **SATURATED FAT** 2G **CHOLESTEROL** 7MG **VITAMIN A** 6370IU **VITAMIN C** 11MG **FOLATE** 26MCG
SODIUM 113MG **CALCIUM** 65MG **IRON** 0MG
MAGNESIUM 19MG **POTASSIUM** 302MG

Smoky Guacamole Cups with Bacon

ACTIVE: 20 min **TOTAL:** 20 min
Guacamole gets a smoky kick thanks to chipotle powder and smoked paprika before being tucked into handheld cups and topped with bacon, corn and spicy pickled jalapeños. We like scoop-shaped tortilla cups for their raised edges, but any tortilla chip you like will work.

2 large ripe avocados
 ½ lime

¼ teaspoon chipotle powder
 ¼ teaspoon smoked paprika
 ¼ teaspoon kosher salt
 40 tortilla chip cups
 2 slices cooked bacon, crumbled
 ¼ cup corn kernels, thawed if frozen
 3 tablespoons chopped pickled jalapeños

1. Cut each avocado in half, remove the pit and scoop out the flesh into a large bowl. Squeeze the juice of the lime half into the bowl. Add

chipotle powder, smoked paprika and salt; mash the guacamole until it is slightly chunky.

2. Fill each tortilla cup with the guacamole. Garnish with bacon, corn and jalapeños.

SERVINGS 8 **SERVING SIZE** 5 GUACAMOLE CUPS **CALORIES** 151 **CARBOHYDRATES** 13G **DIETARY FIBER** 4G **TOTAL SUGARS** 1G **PROTEIN** 3G **TOTAL FAT** 11G **SATURATED FAT** 2G **CHOLESTEROL** 2MG **VITAMIN A** 119IU **VITAMIN C** 6MG **VITAMIN D** 1IU **VITAMIN E** 1MG **FOLATE** 43MCG **VITAMIN K** 11MCG **SODIUM** 181MG **CALCIUM** 15 MG **MAGNESIUM** 23MG **POTASSIUM** 271MG **ZINC** 1MG





RECIPES

AVOCADO TOAST: A LOVE STORY

The fanfare may have started when Gwyneth Paltrow published a recipe for the dish in a 2013 cookbook, but the internet took it from there.

Avocado Toast with Burrata

ACTIVE: 5 min **TOTAL:** 5 min
Burrata (cream-filled fresh mozzarella cheese) takes this avocado toast recipe to the next level for a decadent yet weekday-friendly breakfast.

- 1 slice whole-grain toast (¾ inch thick)
- ½ large ripe avocado, thinly sliced
- 1 teaspoon lemon juice
- ⅛ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 1½ ounces burrata or fresh mozzarella cheese

- 1 teaspoon finely sliced fresh basil
- 1 teaspoon minced fresh chives
- Pinch of Aleppo pepper

Top toast with avocado. Drizzle with lemon juice and sprinkle with salt and pepper. Top with burrata (or mozzarella), basil, chives and Aleppo pepper.

SERVINGS 1 **SERVING SIZE** 1 TOAST
CALORIES 439 **CARBOHYDRATES** 37G
DIETARY FIBER 12G **TOTAL SUGARS** 5G
PROTEIN 18G **TOTAL FAT** 28G **SATURATED FAT** 9G **CHOLESTEROL** 30MG **VITAMIN A** 543IU **VITAMIN C** 13MG **FOLATE** 132MCG
SODIUM 619MG **CALCIUM** 310MG **IRON** 2MG
MAGNESIUM 81MG **POTASSIUM** 651MG







Egg Salad Avocado Toast

ACTIVE: 5 min **TOTAL:** 5 min

It's like egg salad and avocado toast had a baby in this 5-minute healthy breakfast.

- ¼ avocado
- 1 tablespoon celery

- ½ teaspoon lemon juice
- ½ teaspoon hot sauce
- Pinch of salt
- 1 chopped hard-boiled egg
- 1 slice whole-wheat toast

Mash avocado with celery, lemon juice, hot sauce and salt in a small bowl. Mix in hard-boiled egg.

Spread on toast.

SERVINGS 1 **SERVING SIZE** 1 TOAST
CALORIES 230 **CARBOHYDRATES** 17G
DIETARY FIBER 5G **TOTAL SUGARS** 2G
PROTEIN 11G **TOTAL FAT** 14G **SATURATED FAT** 3G **CHOLESTEROL** 187MG **VITAMIN A** 367IU **VITAMIN C** 8MG **FOLATE** 77MCG
SODIUM 406MG **CALCIUM** 79MG **IRON** 2MG **MAGNESIUM** 42MG **POTASSIUM** 400MG

Smoked Salmon & Avocado Toasts

ACTIVE: 15 min **TOTAL:** 15 min

They would have been referred to as canapés back in 1979. Today they're trendy avocado toasts. Let your guests creatively customize their nibbles by setting out an array of garnishes.

- 1 ripe avocado, pitted
- 2 teaspoons lemon juice

- 1 teaspoon minced fresh tarragon
- 24 toasted cocktail-size slices pumpernickel bread or melba toasts
- 2 ounces smoked salmon, cut into 24 pieces
- 1 teaspoon coarse Maldon sea salt
- Fresh tarragon sprigs, capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.

SERVINGS 12 **SERVING SIZE** 2 TOASTS
CALORIES 85 **CARBOHYDRATES** 11G
DIETARY FIBER 2G **TOTAL SUGARS** 1G
PROTEIN 3G **TOTAL FAT** 3G **SATURATED FAT** 0G **CHOLESTEROL** 1MG **VITAMIN A** 30IU **VITAMIN C** 2MG **FOLATE** 14MCG
SODIUM 342MG **CALCIUM** 35MG **IRON** 1MG
MAGNESIUM 6MG **POTASSIUM** 91MG



THIS RECIPE TAKES
 ITS INSPIRATION
 FROM THE CLASSIC
 BAGEL AND LOX
 SANDWICH.



White Bean & Avocado Toast

ACTIVE: 15 min **TOTAL:** 15 min

Mashed avocado and white beans make for a fiber-rich and creamy topping, the perfect partner for a crispy slice of toast. Try it for a quick breakfast or snack.

- 1 slice whole-wheat bread, toasted
- $\frac{1}{4}$ avocado, mashed
- $\frac{1}{2}$ cup canned white beans, rinsed
- Kosher salt to taste
- Ground pepper to taste
- Pinch of crushed red pepper

Top toast with mashed avocado and white beans. Season with a pinch each of salt, pepper and crushed red pepper.

SERVINGS 1 **SERVING SIZE** 1 TOAST
CALORIES 230 **CARBOHYDRATES** 35G
DIETARY FIBER 11G **TOTAL SUGARS** 3G
PROTEIN 12G **TOTAL FAT** 9G **SATURATED FAT** 1G **VITAMIN A** 74IU **VITAMIN C** 5MG
FOLATE 158MCG **SODIUM** 459MG **CALCIUM** 93MG **IRON** 2MG **MAGNESIUM** 35MG
POTASSIUM 655MG



Egg Salad & Avocado Toasts with Capers

ACTIVE: 20 min **TOTAL:** 20 min

This creamy egg salad gets a briny boost of flavor from capers and a nice crunch from yellow bell pepper and celery.

- 6 hard-boiled large eggs, peeled
- $\frac{1}{4}$ cup mayonnaise
- 2 tablespoons capers, rinsed and chopped
- 2 tablespoons chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon whole-grain mustard
- 2 teaspoons hot sauce
- $\frac{1}{2}$ cup finely chopped yellow bell pepper
- $\frac{1}{2}$ cup finely chopped celery, leaves reserved for garnish
- 4 slices whole-wheat bread, toasted
- 1 clove garlic, cut in half
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{4}$ teaspoon ground pepper
- 1 ripe avocado, thinly sliced
- Fresh parsley for garnish

1. Mash eggs in a large bowl with a fork or potato masher. Stir in mayonnaise, capers, dill, lemon juice, mustard and hot sauce. Pat bell pepper and celery dry and stir into the egg mixture.

2. Rub one side of each toast with garlic, drizzle with oil and sprinkle with pepper. Divide avocado among the toasts and top with the egg salad. Garnish with celery leaves and parsley, if desired.

SERVINGS 4 **SERVING SIZE** 1 TOAST
CALORIES 372 **CARBOHYDRATES** 20G
DIETARY FIBER 6G **TOTAL SUGARS** 4G
PROTEIN 15G **TOTAL FAT** 26G
SATURATED FAT 5G **CHOLESTEROL** 285MG
VITAMIN A 1563 U
SODIUM 516MG



Caprese Avocado Toast

ACTIVE: 10 min **TOTAL:** 10 min

Tomatoes, mozzarella and basil—the building blocks of caprese salad—lend a creative twist to a standard avocado toast recipe.

- 2 slices 100% whole-wheat bread
- 1 avocado
- 1 tablespoon lemon juice

- $\frac{1}{4}$ teaspoon ground pepper
- 2 slices fresh mozzarella cheese, sliced
- 4 slices tomato
- 4 leaves basil, torn
- 2 teaspoons balsamic vinegar

1. Toast bread until lightly browned, 2 to 3 minutes.
2. Mash avocado in a small bowl. Stir in lemon juice and pepper.

Spread the avocado mixture on the toast. Top with mozzarella, tomato and basil. Drizzle with vinegar.

SERVINGS 2 SERVING SIZE 1 TOAST
CALORIES 322 CARBOHYDRATES 25G
DIETARY FIBER 9G TOTAL SUGARS 5G
PROTEIN 11G TOTAL FAT 21G SATURATED
FAT 5G CHOLESTEROL 20MG VITAMIN A
967IU VITAMIN C 22MG FOLATE 106MCG
SODIUM 225MG CALCIUM 221MG IRON 2MG
MAGNESIUM 59MG POTASSIUM 735MG





Avocado-Egg Toast

ACTIVE: 5 min **TOTAL:** 5 min

Try it once and we think you'll agree: Topping avocado toast with an egg is a near-perfect breakfast.

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder

- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (optional)
- 1 tablespoon scallion, sliced (optional)

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.
2. Top toast with the avocado

mixture and fried egg. Garnish with Sriracha and scallion, if desired.

SERVINGS 1 SERVING SIZE 1 TOAST
CALORIES 271 CARBOHYDRATES 18G
DIETARY FIBER 5G TOTAL SUGARS 2G
PROTEIN 12G TOTAL FAT 18G SATURATED
FAT 4G CHOLESTEROL 186MG VITAMIN A
348IU VITAMIN C 5MG FOLATE 78MCG
SODIUM 216MG CALCIUM 69MG IRON 2MG
MAGNESIUM 47MG POTASSIUM 407MG





RECIPES

THE RIGHT STUFF(ING)

Filling avocado halves with chicken or salmon salad is a creative way to mix things up at the dinner table. The results are also nutritious and delicious!

Loaded Baked Avocados

ACTIVE: 20 min **TOTAL:** 20 min
Avocado stands in for potato in this lower-carb version of a baked potato! Sour cream, Cheddar cheese and bacon, combined with fresh chives and a sprinkle of pepper, make this a comforting treat.

- 2 medium avocados
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup shredded Cheddar cheese, divided
- $\frac{1}{4}$ cup sour cream
- 2 center-cut bacon slices, cooked and crumbled
- 1 tablespoon chopped fresh chives
- $\frac{1}{4}$ teaspoon ground pepper

1. Preheat broiler with rack about 8 inches from heat source. Line a large rimmed baking sheet with

foil. Cut avocados in half lengthwise; remove and discard pits. Scoop the flesh from the avocados into large pieces, keeping the shell halves intact.

2. Toss the avocado flesh, salt and $\frac{1}{4}$ cup cheese together in a medium bowl. Spoon the mixture evenly into the avocado shells; top evenly with the remaining $\frac{1}{4}$ cup cheese. Arrange the stuffed avocado halves on the prepared baking sheet. Broil until the cheese is melted, about 3 minutes.

3. Top each avocado half with 1 tablespoon sour cream. Sprinkle evenly with crumbled bacon, chives and pepper. Serve warm.

SERVINGS 4 **SERVING SIZE** $\frac{1}{2}$ AVOCADO
CALORIES 217 **CARBOHYDRATES** 7G
DIETARY FIBER 5G **TOTAL SUGARS** 1G
PROTEIN 6G **TOTAL FAT** 19G **SATURATED FAT** 6G **CHOLESTEROL** 25MG **VITAMIN A** 364IU **SODIUM** 336MG

Salmon Salad-Stuffed Avocado

ACTIVE: 10 min **TOTAL:** 10 min
Good-quality canned salmon is high in protein and brain-loving omega-3 fatty acids. Mix it with pesto-spiked yogurt and pile it old-school-style into a halved avocado for a quick, healthy lunch.

- 1/3 cup canned salmon
- 1 tablespoon pesto
- 1 tablespoon nonfat plain strained yogurt
- 2 teaspoons minced shallot
- 1/2 avocado
- 1 cup baby spinach
- 5 thin wheat crackers

Combine salmon with pesto, yogurt and shallot. Serve over avocado and baby spinach with crackers on the side.

SERVINGS 1 **SERVING SIZE** 1/2 AVOCADO
CALORIES 377 **CARBOHYDRATES** 20G
DIETARY FIBER 8G **TOTAL SUGARS** 4G
PROTEIN 23G **TOTAL FAT** 24G **SATURATED FAT** 4G **CHOLESTEROL** 27MG **VITAMIN A** 1239IU **VITAMIN C** 19MG **FOLATE** 94MCG
SODIUM 533MG **CALCIUM** 122MG **IRON** 3MG
MAGNESIUM 94MG **POTASSIUM** 788MG





TO MAKE AHEAD:
REFRIGERATE
CHICKEN SALAD
(STEPS 1 AND 2) UP
TO THREE DAYS;
FILL AVOCADOS
BEFORE SERVING.

Chicken Salad-Stuffed Avocados

ACTIVE: 20 min **TOTAL:** 50 min
Need an easy, packable lunch for work? This healthy homemade chicken salad served inside an avocado instead of with bread is just the ticket. Plus, the recipe makes enough for ready-made lunches for the week. If you have leftover cooked chicken on hand, skip Step 1 and use about 2½ cups shredded chicken in Step 2.

- 1 pound boneless, skinless chicken breast
- ⅓ cup low-fat plain strained yogurt
- ¼ cup mayonnaise

- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup diced celery
- 1 cup seedless red grapes, halved (optional)
- ¼ cup toasted chopped pecans
- 2 firm ripe avocados, halved and pitted

1. Place chicken in a large saucepan and add enough water to cover. Bring to a simmer over medium heat. Reduce heat to maintain a simmer, cover and cook until the chicken registers 165°F with an instant-read thermometer, 12 to 15 minutes. Transfer to

a cutting board. Let stand until cool enough to handle, then chop or shred. Refrigerate until cold, about 30 minutes.

2. Combine yogurt, mayonnaise, tarragon, salt and pepper in a large bowl. Add the cold chicken, celery, grapes (if using) and pecans; stir to combine.

3. To serve, fill each avocado half with about ½ cup chicken salad. (Refrigerate any extra chicken salad for up to three days.)

SERVINGS 4 **SERVING SIZE** ½ AVOCADO & ½ CUP CHICKEN SALAD
CALORIES 308 **CARBOHYDRATES** 10G
DIETARY FIBER 7G **TOTAL SUGARS** 1G
PROTEIN 16G **TOTAL FAT** 24G **SATURATED FAT** 4G **CHOLESTEROL** 45MG **VITAMIN A** 234IU **VITAMIN C** 11MG **FOLATE** 92MCG
SODIUM 308MG **CALCIUM** 31MG **IRON** 1MG
MAGNESIUM 51MG **POTASSIUM** 730MG



Taco-Stuffed Avocados

ACTIVE: 25 min **TOTAL:** 25 min

Here we ditch the taco shell and use a hollowed-out avocado to hold a spicy turkey and black bean taco filling. The flesh of the avocado gets mashed with lime juice and cilantro for a quick and easy guacamole topping.

- 1 tablespoon avocado oil
- 8 ounces lean ground turkey
- ¼ cup chopped onion
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ½ cup low-sodium black beans, rinsed
- ¼ cup salsa

- 2 ripe avocados, halved and pitted
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon lime juice
- 4 teaspoons shredded Mexican cheese blend

1. Heat oil in a medium skillet over medium-high heat. Add ground turkey, onion, chili powder and salt. Cook, stirring with a wooden spoon and breaking up large pieces of turkey, until cooked through, 4 to 6 minutes. Remove from heat and stir in black beans and salsa.

2. Carve out the flesh of each avocado half with a spoon,

leaving about a ¼-inch border all around. Transfer the scooped flesh to a small bowl. Add cilantro and lime juice; mash with a fork until chunky-smooth.

3. Fill each avocado half with about ½ cup of the turkey filling (they will be very full). Top each with 1 teaspoon cheese and some of the guacamole.

SERVINGS 4 SERVING SIZE ½ FILLED AVOCADO CALORIES 324
CARBOHYDRATES 16G DIETARY FIBER 9G
TOTAL SUGARS 2G PROTEIN 15G
TOTAL FAT 24G SATURATED FAT 4G
CHOLESTEROL 44MG VITAMIN A 495IU
VITAMIN C 12MG FOLATE 89MCG SODIUM 351MG
CALCIUM 64MG IRON 2MG
MAGNESIUM 61MG POTASSIUM 755MG

Ceviche-Stuffed Avocados

ACTIVE: 20 min **TOTAL:** 1 hr

Rather than serving this easy mock shrimp ceviche with chips or tortillas, pile the citrusy seafood into fresh avocado bowls for a fun and healthy presentation.

Juice of 2 lemons
Juice of 2 limes
1 teaspoon sugar
6 ounces peeled cooked shrimp, chopped
¼ cup chopped cucumber

1 jalapeño, chopped
¼ cup chopped tomato
2 tablespoons chopped fresh cilantro
1 tablespoon extra-virgin olive oil
¼ teaspoon salt
3 medium firm ripe avocados

1. Combine lemon juice, lime juice and sugar in a medium non-reactive bowl and stir until the sugar is dissolved. Add shrimp and refrigerate for 45 minutes.
2. Remove the shrimp from the bowl and discard liquid. Return

the shrimp to the bowl and stir in cucumber, jalapeño, tomato, cilantro, oil and salt.

3. Leaving the skin on, halve and pit the avocados. Top each avocado half with about ¼ cup of the shrimp mixture.

SERVINGS 6 **SERVING SIZE** ½ AVOCADO & ¼ CUP CEVICHE **CALORIES** 223
CARBOHYDRATES 12G **DIETARY FIBER** 7G
TOTAL SUGARS 2G **PROTEIN** 9G
TOTAL FAT 17G **SATURATED FAT** 3G
CHOLESTEROL 54MG **VITAMIN A** 270IU
VITAMIN C 25MG **FOLATE** 88MCG
SODIUM 137MG **CALCIUM** 37MG **IRON** 1MG
MAGNESIUM 44MG **POTASSIUM** 626MG





RECIPES

MAIN DISHES THAT PACK A PUNCH

Avocado in classic combinations like tacos and rice bowls, and where you least expect it: from emerald pesto to turkey-slider “buns.”

Tostadas con Nopales y Queso Panela

ACTIVE: 30 min **TOTAL:** 30 min

This easy tostada recipe features a flavorful fresh salad made with nopales (cactus paddles) and topped with queso panela, a fresh cow's-milk cheese. Look for it in the specialty cheese section of most large supermarkets or Latin markets. Serve the tostadas alongside carne asada or grilled chicken, or as an appetizer before your favorite Mexican meal.

- 2 cups chopped cooked fresh nopales or rinsed jarred or canned nopales
- ¾ cup chopped fresh cilantro
- 1 medium plum tomato, chopped
- ½ cup chopped white onion
- 2 tablespoons extra-virgin olive oil
- 2–3 tablespoons lime juice
- ⅛–¼ teaspoon salt plus ¼ teaspoon, divided
- Ground pepper to taste

- 2 ripe avocados
- 9 tostada shells, preferably baked
- 3 tablespoons cubed queso panela or crumbled queso fresco

1. Combine nopales, cilantro, tomato, onion, oil, lime juice to taste, ¼ teaspoon salt (or ⅛ teaspoon if using jarred or canned) and pepper to taste in a medium bowl. Scoop avocado flesh into a small bowl; mash with the remaining ¼ teaspoon salt.

2. Spread about 2 tablespoons mashed avocado on each tostada, then top with ⅓ cup nopales salad and sprinkle with about 1 teaspoon cheese. Serve immediately.

SERVINGS 9 **SERVING SIZE** 1 TOSTADA
CALORIES 213 **CARBOHYDRATES** 17G
DIETARY FIBER 6G **TOTAL SUGARS** 2G
PROTEIN 3G **TOTAL FAT** 16G **SATURATED FAT** 3G **CHOLESTEROL** 2MG **VITAMIN A** 28IU **VITAMIN C** 12MG **FOLATE** 61 MCG
SODIUM 201MG **CALCIUM** 91MG **IRON** 1MG
MAGNESIUM 49MG **POTASSIUM** 487MG





BAKED TOSTADAS
ARE BECOMING
MORE POPULAR IN
MEXICO (LOOK FOR
“HORNEADAS” ON
THE LABEL). YOU
CAN EITHER TOAST
THEM ON A COMAL OR
CAST-IRON SKILLET
OR BAKE THEM AT
400°F UNTIL CRISP,
8 TO 10 MINUTES.

Avocado Pesto

ACTIVE: 5 min **TOTAL:** 10 min

Avocados add a silky consistency and cheese-like richness to this dairy-free pesto. Toss it with pasta or zucchini noodles, spread it on baguette slices for bruschetta, add it to roasted veggies or use it as a mayo substitute on your sandwich. To prevent browning, press a piece of plastic wrap directly on the surface of the pesto and refrigerate for up to five days in an airtight container.

- 1 large bunch fresh basil
- 2 ripe avocados
- ½ cup walnuts or hemp seeds
- 2 tablespoons lemon juice
- 3 cloves garlic
- ½ teaspoon fine sea salt
- ½ cup extra-virgin olive oil
- Ground pepper to taste

Strip basil leaves from the stems and add to a food processor along with avocados, walnuts (or hemp seeds), lemon juice, garlic and salt; pulse until finely chopped. Add oil and process to form a thick paste. Season with pepper.

SERVINGS 16 **SERVING SIZE** 2 TBSP
CALORIES 126 **CARBOHYDRATES** 3G
DIETARY FIBER 2G **TOTAL SUGARS** 0G
PROTEIN 1G **TOTAL FAT** 13G **SATURATED FAT** 2G **VITAMIN A** 236IU **VITAMIN C** 4MG
FOLATE 26MCG **SODIUM** 37MG **CALCIUM** 14MG **IRON** 0MG **MAGNESIUM** 15MG
POTASSIUM 151MG





Chicken Taco Casserole

ACTIVE: 30 min **TOTAL:** 1 hr 15 min

This flavorful casserole is packed with veggies, chicken, cheese and crispy tortilla chips and baked to perfection, then topped with fresh tomatoes, crisp iceberg lettuce and creamy avocado. You can make it your own by swapping out the black beans for pinto beans or adding pepper Jack cheese if you want some additional kick. Heat not your jam? Opt for a milder taco seasoning and skip the jalapeños.

- 4 cups shredded cooked chicken breast
- 2 cups chopped green bell peppers
- 2 cups shredded Mexican cheese blend, divided
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1½ cups fresh or thawed frozen corn kernels
- ¾ cup finely chopped red onion, divided

- 4 ounces reduced-fat cream cheese, softened
- ½ cup reduced-fat plain strained yogurt
- ½ cup medium salsa
- 3 tablespoons lime juice
- 1½ tablespoons reduced-sodium taco seasoning mix
- 1 teaspoon salt
- 1½ cups crushed unsalted tortilla chips, divided
- 2 tablespoons thinly sliced jalapeño pepper, seeded if desired
- 1 cup shredded iceberg lettuce
- ⅔ cup chopped avocado
- ½ cup chopped plum tomato
- 2 tablespoons chopped fresh cilantro

1. Preheat oven to 375°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. Add chicken, bell peppers, ½ cup Mexican cheese blend, black beans, corn, ½ cup red onion, cream cheese, yogurt,

salsa, lime juice, taco seasoning and salt to the prepared baking dish; fold and stir until thoroughly combined. Cover tightly with foil; bake until bubbling, about 30 minutes.

3. Remove from the oven; remove the foil. Sprinkle the casserole with 1 cup each of the cheese blend and crumbled tortilla chips. Top with the remaining ½ cup cheese blend and sliced jalapeños. Bake until the cheese is melted and golden brown, about 10 minutes.

4. Top with shredded lettuce, the remaining ½ cup crumbled chips and ¼ cup red onion, avocado, tomato and cilantro. Serve immediately.

SERVINGS 8 **SERVING SIZE** 1½ CUPS
CALORIES 406 **CARBOHYDRATES** 26G
DIETARY FIBER 6G **TOTAL SUGARS** 7G
PROTEIN 36G **TOTAL FAT** 17G
SATURATED FAT 8G **CHOLESTEROL** 97MG
VITAMIN A 872IU **VITAMIN C** 40MG
FOLATE 42MCG **SODIUM** 708MG **CALCIUM** 281MG
IRON 2MG **MAGNESIUM** 85MG
POTASSIUM 659MG

Spicy Salmon Sushi Roll-ups

ACTIVE: 40 min **TOTAL:** 40 min

These roll-ups are filled with spicy salmon, crunchy carrot, cucumbers and creamy avocado. You can also serve them as bowls and chop up the nori to sprinkle on top. You will need a sushi rolling mat to roll them up; if you don't have one, use plastic wrap, a clean, lint-free dish towel or parchment paper.

- 2 (6 ounce) cans salmon, drained and flaked
- 3 tablespoons mayonnaise
- 3 teaspoons Sriracha
- 2 teaspoons rice vinegar
- 6 sheets nori
- 2 cups cooked and cooled short- or medium-grain rice

- 1 tablespoon toasted sesame seeds
- 2 Persian (mini) cucumbers, cut into matchsticks
- 1 large carrot, cut into matchsticks
- 2 scallions, halved lengthwise and cut into 2-inch pieces
- $\frac{1}{2}$ cup fresh cilantro sprigs
- 1 ripe avocado, sliced
- Lime wedges, pickled ginger, wasabi and reduced-sodium tamari for serving

1. Mix salmon, mayonnaise, Sriracha to taste and vinegar in a small bowl.
2. Fill a small bowl with water. Place 1 nori sheet on a sushi rolling mat (or piece of plastic wrap) with a long end facing you. With

wet fingertips, cover the bottom half of the nori with $\frac{1}{3}$ cup rice, then sprinkle with $\frac{1}{2}$ teaspoon sesame seeds. Working 2 inches from the bottom of the roll, top with one-sixth each of the salmon mixture, cucumbers, carrot, scallions, cilantro and avocado. Using the mat to help you, roll up the nori, tucking the ingredients tightly as you work. Repeat with the remaining ingredients.

3. Serve the rolls immediately, with lime wedges, pickled ginger, wasabi and tamari, if desired.

SERVINGS 6 **SERVING SIZE** 1 ROLL-UP
CALORIES 363 **CARBOHYDRATES** 45G
DIETARY FIBER 5G **TOTAL SUGARS** 2G
PROTEIN 16G **TOTAL FAT** 13G **SATURATED FAT** 2G **CHOLESTEROL** 40MG **VITAMIN A** 4782IU **VITAMIN C** 11MG **FOLATE** 168MCG
SODIUM 342MG **CALCIUM** 63MG **IRON** 3MG
MAGNESIUM 41MG **POTASSIUM** 432MG





MAKE YOUR OWN CAULIFLOWER RICE: WORKING IN BATCHES, PULSE 8 CUPS CAULIFLOWER FLORETS IN A FOOD PROCESSOR UNTIL CHOPPED INTO RICE-SIZE PIECES.

Southwestern Cauliflower Rice Bowls with Shrimp & Avocado Crema

ACTIVE: 30 min **TOTAL:** 30 min

These cauliflower rice bowls are packed with satisfying protein. We prefer the taste and texture of fresh cauliflower rice, but you can use frozen—thaw it before you start to cook.

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon finely chopped chipotle chile in adobo
- 3 tablespoons avocado oil, divided
- 1 avocado, pitted and peeled
- ½ cup roughly chopped cilantro, plus 2 tablespoons, divided
- 4 tablespoons low-fat plain yogurt
- 1 tablespoon lime juice
- ½ teaspoon salt, divided

- ¾ teaspoon ground cumin, divided
- ¾ teaspoon garlic powder, divided
- 4 cups cauliflower rice
- 4 scallions, sliced
- 2 tablespoons water
- 1 cup canned no-salt-added black beans, rinsed and warmed
- 1 cup fresh or frozen corn kernels, warmed
- Lime wedges for serving

1. Stir shrimp, chipotle and 1 tablespoon oil together in a medium bowl. Set aside.
2. Place avocado, ½ cup cilantro, yogurt, lime juice and ⅛ teaspoon salt in a mini food processor. Process until mostly smooth.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring once or twice, until just cooked through, about 4 minutes. Transfer to a bowl and cover to

keep warm. Add the remaining 1 tablespoon oil, ½ teaspoon cumin, ½ teaspoon garlic powder and ¼ teaspoon salt to the skillet. Stir to combine. Add cauliflower rice, scallions and water. Cook, stirring, until tender, about 5 minutes.

4. Combine beans with the remaining ¼ teaspoon cumin, ¼ teaspoon garlic powder and ⅛ teaspoon salt in a small bowl. Combine corn and the remaining 2 tablespoons cilantro in another small bowl.

5. To serve, divide the cauliflower mixture among 4 bowls. Top with the shrimp, beans, corn and avocado crema.

SERVINGS 4 SERVING SIZE 3 OZ. SHRIMP & 1½ CUPS VEGETABLES
CALORIES 402 CARBOHYDRATES 28G
DIETARY FIBER 10G TOTAL SUGARS 4G
PROTEIN 32G TOTAL FAT 20G
SATURATED FAT 3G CHOLESTEROL 183MG
VITAMIN A 708IU VITAMIN C 54MG
FOLATE 111MCG SODIUM 482MG CALCIUM 157MG
IRON 3MG MAGNESIUM 111MG
POTASSIUM 1003MG



ANY FLAKY WHITE FISH, LIKE COD, HADDOCK OR MAHI MAHI, WORKS WELL HERE. IF USING FROZEN FILLETS, THAW THEM COMPLETELY BEFORE COOKING.

Tilapia Fish Tacos

ACTIVE: 20 min **TOTAL:** 20 min

These quick tacos are packed with flavor that will take you straight to the coast. Corn or flour tortillas work well here. We love the mild flavor of tilapia, but any flaky white fish, such as cod or haddock, will work well in its place.

- 1 teaspoon ground cumin
- 1 teaspoon chipotle chile powder
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¾ teaspoon salt, divided
- 1¼ pounds tilapia fillets (about 3 fillets), patted dry
- 2 tablespoons canola oil
- 3 cups shredded coleslaw mix
- ⅓ cup thinly sliced radishes (about 2 medium)

- 2½ tablespoons lime juice, divided
- ¼ cup whole-milk plain yogurt
- ¼ cup mayonnaise
- 3 tablespoons chopped fresh cilantro
- 1 Fresno chile, chopped
- 8 (6 inch) corn tortillas, warmed
- 1 small ripe avocado, pitted and sliced

1. Heat a large cast-iron skillet over medium-high heat for 5 minutes. Stir cumin, chipotle powder, paprika, garlic powder and ¼ teaspoon salt together in a small bowl. Rub the spice mixture evenly over both sides of fish.
2. Add oil to the hot skillet; swirl to coat. Place the fish in the pan in an even layer; cook, flipping once, until it flakes easily with a fork and is completely opaque, about

5 minutes. Transfer to a plate.

3. Meanwhile, combine coleslaw mix and radishes in a medium bowl. Drizzle with 2 tablespoons lime juice and sprinkle with ¼ teaspoon salt; toss to coat.

4. Whisk yogurt, mayonnaise, cilantro, chile and the remaining 1½ teaspoons lime juice and ¼ teaspoon salt in a medium bowl.

5. Flake the fish into bite-size chunks; divide among 8 tortillas. Top with the coleslaw mixture and avocado; drizzle evenly with the sauce. Serve immediately.

SERVINGS 4 **SERVING SIZE** 2 TACOS
CALORIES 509 **CARBOHYDRATES** 31G
DIETARY FIBER 8G **TOTAL SUGARS** 3G
PROTEIN 34G **TOTAL FAT** 29G
SATURATED FAT 5G **CHOLESTEROL** 79MG
VITAMIN A 1684IU **VITAMIN C** 36MG
FOLATE 84MCG **SODIUM** 666MG **CALCIUM** 106MG
IRON 2MG **MAGNESIUM** 94MG
POTASSIUM 867MG

Avocado & Kale Omelet**ACTIVE:** 10 min **TOTAL:** 10 min

This nutrition-rich omelet—it's high in protein and full of antioxidants and vitamins—is perfect for breakfast, lunch, dinner or even a hearty snack.

- 2 large eggs
- 1 teaspoon low-fat milk
- Pinch of salt
- 2 teaspoons extra-virgin olive oil, divided
- 1 cup chopped kale
- 1 tablespoon lime juice

- 1 tablespoon chopped fresh cilantro
- 1 teaspoon unsalted sunflower seeds
- Pinch of crushed red pepper
- Pinch of salt
- $\frac{1}{4}$ avocado, sliced

1. Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over

and cook until set, about 30 seconds more. Transfer to a plate.

2. Toss kale with the remaining 1 teaspoon oil, lime juice, cilantro, sunflower seeds, crushed red pepper and a pinch of salt. Top the omelet with the kale salad and avocado.

SERVINGS 1 **SERVING SIZE** 1 OMELET
CALORIES 339 **CARBOHYDRATES** 9G
DIETARY FIBER 4G **TOTAL SUGARS** 2G
PROTEIN 15G **TOTAL FAT** 28G **SATURATED FAT** 6G **CHOLESTEROL** 372MG **VITAMIN A** 2343IU **VITAMIN C** 29MG **FOLATE** 119MCG
SODIUM 446MG **CALCIUM** 97MG **IRON** 3MG
MAGNESIUM 40MG **POTASSIUM** 506MG



Salmon Rice Bowl

ACTIVE: 15 min **TOTAL:** 25 min

Inspired by a viral TikTok trend, this salmon rice bowl makes for a tasty lunch or dinner. With healthy ingredients like instant brown rice, salmon and veggies, you'll have a flavorful meal in a snap.

- 4 ounces salmon, preferably wild
- 1 teaspoon avocado oil
- $\frac{1}{8}$ teaspoon kosher salt
- 1 cup instant brown rice
- 1 cup water
- 2 tablespoons mayonnaise
- $1\frac{1}{2}$ teaspoons Sriracha
- $1\frac{1}{2}$ teaspoons 50%-less-sodium tamari
- 1 teaspoon mirin

- $\frac{1}{2}$ teaspoon freshly grated ginger
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{2}$ ripe avocado, chopped
- $\frac{1}{2}$ cup chopped cucumber
- $\frac{1}{4}$ cup spicy kimchi
- 12 (4 inch) sheets nori (roasted seaweed)

1. Preheat oven to 400°F. Line a small rimmed baking sheet with foil. Place salmon on the prepared pan. Drizzle with oil; season with salt. Bake until the salmon flakes easily with a fork, 8 to 10 minutes.

2. Meanwhile, combine rice and water in a small saucepan; cook

according to package directions. Mix mayonnaise and Sriracha in a small bowl; set aside. Whisk tamari, mirin, ginger, crushed red pepper and salt in another small bowl; set aside.

3. Divide the rice between 2 bowls. Top with salmon, avocado, cucumber and kimchi. Drizzle with the tamari mixture and the mayonnaise mixture. Mix the bowls, if desired, and serve with nori.

SERVINGS 2 SERVING SIZE 1 BOWL
CALORIES 481 CARBOHYDRATES 47G
DIETARY FIBER 6G TOTAL SUGARS 3G
PROTEIN 18G TOTAL FAT 25G SATURATED FAT 4G CHOLESTEROL 37MG VITAMIN A 1177IU VITAMIN C 14MG FOLATE 94MCG SODIUM 687MG CALCIUM 41MG IRON 2MG MAGNESIUM 101MG POTASSIUM 747MG





Avocado-Bun Turkey Sliders

ACTIVE: 40 min **TOTAL:** 40 min
Instead of being served on traditional buns, these turkey sliders are sandwiched inside mini avocados for a clever (and lower-carb) meal—because why put avocado on your burger when you can put your burger on an avocado? Quick pickled onions are a pretty and tasty topping, and chipotle mayo seals the deal. Bonus: The burgers are cooked on a baking sheet, so it's easy to whip up a whole batch.

- 1 small red onion, quartered and sliced
- ½ cup white vinegar
- ½ cup water
- 2 teaspoons sugar
- ¾ teaspoon salt, divided
- 1 pound lean ground turkey
- ¼ cup chopped fresh cilantro
- 2 teaspoons ground cumin

- ¾ teaspoon ground chipotle pepper, divided
- 6 teaspoons mayonnaise
- 6 ripe baby avocados, halved, pitted and peeled
- 2 Roma tomatoes, cut into 6 slices each
- 3 leaves green-leaf lettuce, halved
- ½ teaspoon sesame seeds

1. Preheat oven to 350°F. Coat a large baking sheet with cooking spray.
2. Combine onion, vinegar, water, sugar and ¼ teaspoon salt in a small saucepan. Bring to a boil. Remove from heat and let stand for at least 15 minutes. Drain.
3. Gently mix turkey, cilantro, cumin, ½ teaspoon ground chipotle and the remaining salt in a medium bowl. Form into 6 oval-shaped patties the size of your avocados (about 2 by 3 inches)

and place on the prepared baking sheet. Bake until an instant-read thermometer registers 165°F, about 20 minutes.

4. Meanwhile, stir together mayonnaise and the remaining ground chipotle in a small bowl.

5. To assemble, cut a thin slice from the bottom half of each avocado to make it more stable. Top an avocado half with 1 teaspoon of the mayonnaise mixture, about 1 tablespoon of the pickled onion, a burger, 2 tomato slices, lettuce and another avocado half. Sprinkle each slider with sesame seeds.

SERVINGS 6 **SERVING SIZE** 1 BURGER
CALORIES 468 **CARBOHYDRATES** 20G
DIETARY FIBER 14G **TOTAL SUGARS** 3G
PROTEIN 19G **TOTAL FAT** 38G **SATURATED FAT** 6G **CHOLESTEROL** 45MG **VITAMIN A** 858IU **VITAMIN C** 24MG **FOLATE** 175MCG
SODIUM 135MG **CALCIUM** 40MG **IRON** 3MG
MAGNESIUM 64MG **POTASSIUM** 1244MG





RECIPES

MASTERFUL SANDWICHES

Avocado is the perfect foil for sandwich fillings, from tuna salad to bacon and tomato. Looking for some crunch? Try stacking cucumbers into the mix.

Copycat Joe & the Juice's Tunacado Sandwich

ACTIVE: 25 min **TOTAL:** 30 min

Inspired by a viral sandwich from the Danish coffee-shop chain Joe & the Juice, this flavor-packed tuna salad gets its bite from chili crisp and its summery freshness from pesto. Slices of avocado and tomato add silkiness and juice, while the lettuce provides crunch.

- 1 (12 ounce) can water-packed tuna, drained
- $\frac{1}{2}$ cup light mayonnaise
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ teaspoon salt
- 1 medium avocado, coarsely chopped, plus 1 medium avocado, thinly sliced, divided
- $\frac{1}{2}$ teaspoon coarsely ground black pepper
- 3 tablespoons refrigerated basil pesto
- 1 tablespoon chili crisp
- 8 slices whole-grain bread, toasted
- 1 pound ripe tomatoes, thinly sliced (about 16 slices)
- 2 cups baby butter lettuce leaves

1. Place tuna, mayonnaise, lemon juice, salt and half of the chopped avocado in a food processor; process on high, scraping down the sides of the bowl as needed, until smooth and fluffy, about 1 minute. Stir in pepper. Transfer to a medium bowl; cover with plastic wrap and refrigerate until ready to use.

2. Wash and dry the food processor bowl. Add pesto, chili crisp and the remaining half of the chopped avocado; process on high until smooth and creamy. Transfer to a small bowl.

3. Arrange toast on a work surface. Spread 1 tablespoon of the pesto mixture on each slice. Spread $\frac{1}{2}$ cup of the tuna mixture on each of 4 slices over the pesto layer. Evenly layer sliced avocado, tomato slices and lettuce on top of the tuna mixture; top with the remaining toast slices, pesto side down. Cut the sandwiches into halves.

SERVINGS 4 **SERVING SIZE** 1 SANDWICH
CALORIES 653 **CARBOHYDRATES** 44G
DIETARY FIBER 16G **TOTAL SUGARS** 9G
PROTEIN 35G **TOTAL FAT** 40G **SATURATED FAT** 6G **CHOLESTEROL** 35MG **VITAMIN A** 204IU **VITAMIN C** 35MG **FOLATE** 183MCG
SODIUM 709MG **CALCIUM** 137MG **IRON** 4MG
MAGNESIUM 120MG **POTASSIUM** 1329MG



TO MAKE AHEAD:
COVER AND
REFRIGERATE THE
BEAN MIXTURE
(STEP 1) FOR UP
TO THREE DAYS.



Black Bean-Avocado Torta

ACTIVE: 25 min **TOTAL:** 25 min

In this Mexican-style torta, a hollowed-out roll is filled with mashed spiced black beans and guacamole to create a satisfying vegetarian dish. Add some calcium by melting Monterey Jack cheese onto the bean side of the sandwich.

- 1 (15 ounce) can black beans or pinto beans, rinsed and drained
- 3 tablespoons prepared salsa

- 1 tablespoon chopped pickled jalapeño
- ½ teaspoon ground cumin
- 1 ripe avocado, pitted
- 2 tablespoons minced onion
- 1 tablespoon lime juice
- 1 16- to 20-inch-long baguette, preferably whole grain
- 1½ cups shredded green cabbage

1. Mash beans, salsa, jalapeño and cumin in a small bowl. Mash avocado, onion and lime juice in another small bowl.

2. Cut the baguette into four equal lengths. Split each piece in half horizontally. Pull out most of the soft bread from the center so that you're left primarily with crust. Divide the bean paste, avocado mixture and cabbage evenly among the baguette sections. Cut each piece in half and serve.

SERVINGS 4 SERVING SIZE 1 SANDWICH
CALORIES 354 CARBOHYDRATES 60G
DIETARY FIBER 17G TOTAL SUGARS 3G
PROTEIN 17G TOTAL FAT 9G SATURATED
FAT 1G VITAMIN A 103IU VITAMIN C 19MG
FOLATE 116MCG SODIUM 822MG CALCIUM
56MG IRON 3MG MAGNESIUM 55MG
POTASSIUM 639MG

Loaded Cucumber & Avocado Sandwich

ACTIVE: 10 min **TOTAL:** 10 min

This surprisingly hearty sandwich is filled with creamy avocado and crispy cucumbers. Ricotta cheese mixed with extra-sharp Cheddar adds flavor while sliced red peppers offer a splash of color.

- 3 tablespoons shredded extra-sharp Cheddar cheese
- 2 tablespoons ricotta cheese

- 4 teaspoons finely sliced chives
- 2 teaspoons lemon juice
- Salt and ground pepper
- 2 slices whole-wheat sandwich bread, lightly toasted
- $\frac{1}{3}$ cup thinly sliced cucumber
- $\frac{1}{4}$ cup thinly sliced red bell pepper
- $\frac{1}{3}$ avocado, sliced

1. Stir Cheddar, ricotta, chives, lemon juice, salt and pepper together in a small bowl. Spread

half the mixture on each slice of toast. Layer one slice with cucumber, pepper and avocado, then top with the other slice, spread side down.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH
CALORIES 403 **CARBOHYDRATES** 35G
DIETARY FIBER 9G **TOTAL SUGARS** 5G
PROTEIN 17G **TOTAL FAT** 23G
SATURATED FAT 8G **CHOLESTEROL** 37MG
VITAMIN A 1431IU **VITAMIN C** 43MG
FOLATE 106MCG **SODIUM** 716MG
CALCIUM 324MG **IRON** 2MG **MAGNESIUM** 80MG **POTASSIUM** 634MG



Green Goddess Wrap

ACTIVE: 25 min **TOTAL:** 25 min

A soft and silky green goddess dressing blends with crunchy fresh cucumber and tender greens in this easy wrap. If you prefer, you can ditch the wrap and enjoy the filling as a salad instead.

- ¼ cup reduced-fat plain strained yogurt
- 1 tablespoon water
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh chives
- 1 tablespoon finely chopped fresh dill
- 1 teaspoon capers, rinsed
- 1 teaspoon finely chopped garlic

- ½ teaspoon lemon juice
- ¼ teaspoon salt
- 1 cup baby spring mix salad greens
- 1 scallion
- 2 (8 inch) whole-wheat tortillas
- 2 Persian cucumbers, unpeeled and cut into 4-by-¼-inch strips
- ½ cup alfalfa sprouts, divided
- 1 medium avocado, sliced (¼ inch), divided

1. Combine yogurt, water, parsley, chives, dill, capers, garlic, lemon juice and salt in a mini food processor; process until smooth, about 2 minutes, stopping to scrape down sides of bowl as needed. Transfer to a small bowl.

2. Toss salad greens with 2 tablespoons dressing in a medium bowl.
3. Thinly slice dark green part of scallion. (Reserve white and light green parts for another use.) Place tortillas on a clean work surface. Spread 2 tablespoons dressing on each tortilla. Top with cucumbers, sprouts, scallion slices, avocado slices and dressed greens. Tightly roll the tortillas into wraps. Cut in half to serve.

SERVINGS 2 **SERVING SIZE** 1 WRAP
CALORIES 300 **CARBOHYDRATES** 33G
DIETARY FIBER 9G **TOTAL SUGARS** 3G
PROTEIN 10G **TOTAL FAT** 16G
SATURATED FAT 3G **CHOLESTEROL** 3MG
VITAMIN A 1887IU **VITAMIN C** 26MG
FOLATE 94MCG **SODIUM** 543MG **CALCIUM** 129MG **IRON** 3MG **MAGNESIUM** 41MG
POTASSIUM 619MG





BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches)

ACTIVE: 25 min **TOTAL:** 25 min

In this healthy BLT recipe, we use a creamy avocado spread flavored with garlic and basil and add sprouts. Look for sprouted-wheat bread in the frozen section or with other specialty breads at your grocery store.

- 8 slices center-cut bacon, halved
- 1 ripe medium avocado
- 2 tablespoons chopped fresh basil

- 1 tablespoon mayonnaise
- $\frac{1}{2}$ teaspoon finely grated or minced garlic
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 8 slices sprouted-wheat bread
- 1 medium tomato, cut into 8 slices
- 4 romaine leaves
- 1 cup alfalfa sprouts

1. Cook bacon in a large skillet over medium heat until crisp, 5 to 10 minutes. Transfer to a paper towel-lined plate.
2. Meanwhile, mash avocado in a

medium bowl. Stir in basil, mayonnaise, garlic, salt and pepper.

3. Toast bread.

4. Spread about 2 tablespoons of the avocado mixture on 4 slices of toast. Top each with 4 pieces of bacon, 2 tomato slices, 1 lettuce leaf, $\frac{1}{4}$ cup sprouts and the remaining toast.

SERVINGS 4 **SERVING SIZE** 1 SANDWICH
CALORIES 342 **CARBOHYDRATES** 36G
DIETARY FIBER 10G **TOTAL SUGARS** 1G
PROTEIN 15G **TOTAL FAT** 16G **SATURATED FAT** 3G **CHOLESTEROL** 15MG **VITAMIN A** 943IU **VITAMIN C** 11MG **FOLATE** 58MCG
SODIUM 541MG **CALCIUM** 19MG **IRON** 2MG
MAGNESIUM 26MG **POTASSIUM** 418MG



RECIPES

SERIOUSLY GOOD SALADS

With chicken. With romaine. With mango, chipotle chiles and Brussels sprouts. In these recipes, avocado pairs with your favorite salad fixings.

Avocado & Corn Salad

ACTIVE: 20 min **TOTAL:** 45 min

In this fresh summer-salad recipe, sweet corn and honey balance nicely with tomatoes, avocado and lime juice. Bring it along to your next picnic, or pair it with grilled shrimp or chicken for an easy weeknight meal.

- 3 ears corn, husks removed
- 1 medium poblano pepper
- Cooking spray
- 3 tablespoons lime juice
- 1 tablespoon honey
- ½ teaspoon ancho chile powder
- ½ teaspoon salt, divided
- ¼ cup avocado oil
- 1 medium tomato, chopped
- ¼ cup crumbled cotija cheese
- ¼ cup chopped fresh cilantro
- 1 avocado, chopped
- 6 cups coarsely chopped romaine lettuce

1. Preheat grill to high (450°F to 500°F). Lightly coat corn and poblano with cooking spray. Grill, uncovered, until lightly charred and tender, 10 to 12 minutes, turning occasionally. Remove the corn from the grill. Continue

to grill the poblano until it's totally charred and blackened on the outside, 3 to 5 minutes more. Let cool for 10 minutes.

2. Whisk lime juice, honey, ancho chile powder and ¼ teaspoon salt in a small bowl. Slowly whisk in avocado oil until blended. Set aside.

3. Cut corn kernels from the cobs. Peel the poblano and remove and discard the seeds; coarsely chop. Toss the corn kernels, chopped poblano, tomato, cheese and cilantro together in a medium bowl. Fold in avocado and season with the remaining ¼ teaspoon salt.

4. Toss romaine and 3 tablespoons of the vinaigrette together in a large bowl; transfer to a platter. Top with the corn and avocado mixture and drizzle with the remaining vinaigrette.

SERVINGS 6 **SERVING SIZE** 1 CUP
LETTUCE & ABOUT ½ CUP AVOCADO-
CORN MIXTURE **CALORIES** 218
CARBOHYDRATES 18G **DIETARY FIBER** 4G
TOTAL SUGARS 7G **PROTEIN** 4G
TOTAL FAT 17G **SATURATED FAT** 3G
CHOLESTEROL 5MG **VITAMIN A** 518IU
VITAMIN C 17MG **FOLATE** 53MCG **SODIUM**
276MG **CALCIUM** 49MG **IRON** 1MG
MAGNESIUM 34MG **POTASSIUM** 370MG







AN OILED GRILL RACK
KEEPS FOOD FROM
STICKING. ONCE YOUR
GRILL IS GOOD AND
HOT, DIP A FOLDED
PAPER TOWEL IN A
LITTLE OIL, HOLD IT
WITH TONGS AND RUB
IT OVER THE RACK.

Grilled Romaine with Avocado-Lime Dressing

ACTIVE: 15 min **TOTAL:** 15 min

Romaine lettuce takes on a nice charred, smoky flavor with a quick trip to the grill in this unusual wedge salad recipe. Avocado makes the dressing extra creamy. Serve alongside grilled chicken or fish.

- ½ ripe avocado
- 5 tablespoons buttermilk
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 3 romaine hearts (3–4 ounces each)
- 1 cup sliced cherry tomatoes
- Freshly ground pepper to taste

1. Preheat grill to medium high.
2. Puree avocado, buttermilk, lime juice, oil, cumin and salt in a food processor or blender until smooth.
3. Oil the grill rack. Cut romaine hearts in half lengthwise, leaving root ends intact. Grill the romaine cut side down until lightly charred, 2 to 3 minutes. Serve topped with the dressing, tomatoes and pepper.

SERVINGS 6 **SERVING SIZE** ½ ROMAINE HEART **CALORIES** 69 **CARBOHYDRATES** 5G **DIETARY FIBER** 3G **TOTAL SUGARS** 2G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **CHOLESTEROL** 1MG **VITAMIN A** 5179IU **VITAMIN C** 9MG **FOLATE** 96MCG **SODIUM** 225MG **CALCIUM** 40MG **IRON** 1MG **MAGNESIUM** 17MG **POTASSIUM** 305MG



Quinoa, Avocado & Chickpea Salad over Mixed Greens

ACTIVE: 20 min **TOTAL:** 25 min

Protein-rich quinoa and chickpeas add staying power to this zesty and healthy recipe.

- $\frac{2}{3}$ cup water
- $\frac{1}{3}$ cup quinoa
- $\frac{1}{4}$ teaspoon kosher salt or other coarse salt
- 1 clove garlic, crushed and peeled
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- $\frac{1}{4}$ teaspoon ground pepper
- 1 cup rinsed no-salt-added canned chickpeas

- 1 medium carrot, shredded ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ avocado, diced
- 1 (5 ounce) package prewashed mixed greens, such as spring mix or baby kale–spinach blend (8 cups packed)

1. Bring water to a boil in a small saucepan. Stir in quinoa. Reduce heat to low, cover and simmer until all the liquid is absorbed, about 15 minutes. Use a fork to fluff and separate the grains; let cool for 5 minutes.

2. Meanwhile, sprinkle salt over garlic on a cutting board. Mash the garlic with the side of a spoon until a paste forms. Scrape into a medium bowl. Whisk in lemon zest, lemon juice, oil, and

pepper. Transfer 3 tablespoons of the dressing to a small bowl and set aside.

3. Add chickpeas, carrot and avocado to the bowl with the remaining dressing; gently toss to combine. Let stand for 5 minutes to allow flavors to blend. Add the quinoa and gently toss to coat.

4. Place greens in a large bowl and toss with the reserved 3 tablespoons dressing. Divide the greens between 2 plates and top with the quinoa mixture.

SERVINGS 2 SERVING SIZE $2\frac{1}{2}$ CUPS
CALORIES 501 CARBOHYDRATES 47G
DIETARY FIBER 13G TOTAL SUGARS 7G
PROTEIN 12G TOTAL FAT 32G SATURATED FAT 4G VITAMIN A 7121IU VITAMIN C 30MG
FOLATE 216MCG SODIUM 349MG CALCIUM 111MG IRON 4MG MAGNESIUM 112MG
POTASSIUM 844MG



Mango & Avocado Salad

ACTIVE: 10 min **TOTAL:** 10 min

Bright mango works beautifully with creamy, rich avocado in this salad. There is just a touch of heat from the chile-lime seasoning; if you want to kick it up a notch, add a thinly sliced habanero to the mix.

- 2 tablespoons chopped shallot
- 2 tablespoons fresh lime juice

- 1 tablespoon grapeseed oil
- 1 tablespoon honey
- 2 teaspoons chile-lime seasoning, such as Tajin
- $\frac{1}{4}$ teaspoon salt
- 2 large mangoes, thinly sliced
- 2 large ripe avocados, thinly sliced
- 1 habanero chile, thinly sliced (optional)
- Chopped fresh cilantro for serving

Combine shallot, lime juice, oil, honey, chile-lime seasoning and salt in a large bowl. Add mangoes, avocados and habanero, if using; toss to coat. Sprinkle with cilantro, if desired.

SERVINGS 6 **SERVING SIZE** $\frac{3}{8}$ CUP
CALORIES 209 **CARBOHYDRATES** 26G
DIETARY FIBER 6G **TOTAL SUGARS** 19G
PROTEIN 2G **TOTAL FAT** 13G **SATURATED FAT** 2G **VITAMIN A** 1312IU **VITAMIN C** 49MG
FOLATE 104MCG **SODIUM** 357MG **CALCIUM** 23MG **IRON** 1MG **MAGNESIUM** 32MG
POTASSIUM 532MG





Kale & Shaved Brussels Sprouts Salad with Avocado Caesar Dressing

ACTIVE: 20 min **TOTAL:** 20 min

This dish combines the flavors of a Caesar salad with tender green lacinato kale and the crunch of raw shaved Brussels sprouts. The brown-butter breadcrumbs add additional crunch and a nutty, toasted flavor. Serve with grilled chicken for an added boost of protein.

- 1 tablespoon unsalted butter
- $\frac{1}{4}$ cup whole-wheat panko breadcrumbs
- 1 small avocado (about 6 ounces), mashed
- 3 tablespoons fresh lemon juice
- 2 tablespoons grated Parmesan cheese

- 1 tablespoon white miso
- 2 cloves garlic, grated
- 1 teaspoon Dijon mustard
- 1 teaspoon ground pepper
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 bunches lacinato kale (about 8 ounces each), stemmed and chopped
- 12 ounces fresh Brussels sprouts, trimmed and thinly sliced

1. Melt butter in a medium non-stick skillet over medium heat. Cook, swirling the pan occasionally, until the butter turns golden brown and smells nutty, 2 to 3 minutes. Stir in panko; cook, stirring constantly, until coated in butter and toasted, 1 to 2 minutes. Transfer to a paper-towel-lined bowl.

2. Process the avocado, lemon juice, Parmesan, miso, garlic, mustard, pepper and salt in a mini food processor until combined, about 30 seconds. Add oil; process until thickened and smooth, 30 seconds to 1 minute. Transfer to a large bowl.

3. Add kale to the bowl with the dressing. Using clean hands, massage the dressing into the kale to soften it, 1 to 2 minutes. Add sliced Brussels sprouts and toss to combine. Top with the toasted breadcrumbs.

SERVINGS 6 **SERVING SIZE** ABOUT 1 CUP
CALORIES 237 **CARBOHYDRATES** 21G
DIETARY FIBER 7G **TOTAL SUGARS** 2G
PROTEIN 7G **TOTAL FAT** 16G
SATURATED FAT 3G **CHOLESTEROL** 7MG
VITAMIN A 14327IU **VITAMIN C** 163MG
FOLATE 59MCG **SODIUM** 296MG **CALCIUM** 189MG
IRON 3MG **MAGNESIUM** 23MG
POTASSIUM 379MG



Avocado Chicken Salad

ACTIVE: 15 min **TOTAL:** 15 min

Herbaceous, bright and creamy, this protein-rich salad can be served on top of lettuce greens, with crackers, in a wrap or on its own. The cilantro, dill and chives pair nicely with silky-fresh avocado.

- ½ cup firmly packed fresh cilantro leaves and tender stems
- ½ cup coarsely chopped fresh chives, plus more for garnish
- ¼ cup firmly packed fresh dill fronds
- 1 tablespoon drained capers

- 1 teaspoon lemon zest, plus more for garnish
- 1 tablespoon lemon juice
- 2 cloves garlic
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 2 ripe avocados, halved and pitted, divided
- ⅓ cup mayonnaise
- ¼ cup whole-milk plain strained yogurt
- 3 cups shredded cooked chicken breast

1. Combine cilantro, chives, dill, capers, lemon zest, lemon juice, garlic, salt, pepper and the flesh from 1 avocado in a food processor; process until finely chopped, about 30 seconds. Add

mayonnaise and yogurt; process until smooth, 1 to 2 minutes.

2. Dice the remaining avocado and place in a medium bowl. Add chicken and the dressing; stir gently until combined and evenly coated. Serve at room temperature or refrigerate until cold, about 2 hours. Garnish with additional chives and lemon zest, if desired.

SERVINGS 6 SERVING SIZE ABOUT

½ CUP **CALORIES 321 CARBOHYDRATES**
7G DIETARY FIBER 5G TOTAL SUGARS 1G
PROTEIN 24G TOTAL FAT 22G
SATURATED FAT 4G CHOLESTEROL 66MG
VITAMIN A 418IU VITAMIN C 12MG
FOLATE 65MCG SODIUM 464MG
CALCIUM 40MG IRON 1MG MAGNESIUM
45MG POTASSIUM 553MG

Chopped Salad with Chicken & Creamy Chipotle Dressing

ACTIVE: 15 min **TOTAL:** 15 min
The chipotle chiles in the dressing are this recipe's secret weapon. They add smoky and zesty undertones to each bite, while cilantro provides a pop of freshness.

- 2 canned chipotle chiles in adobo sauce
- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{4}$ cup whole-milk plain strained yogurt
- $\frac{1}{4}$ cup lime juice
- 1 clove garlic, chopped
- $\frac{1}{2}$ teaspoon ground pepper

- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon salt
- 1 (15 ounce) can no-salt-added black beans, rinsed and drained
- 10 cups chopped romaine lettuce
- 1 medium red bell pepper, chopped
- 2 small ears corn, husked, kernels cut from cobs
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{2}$ cup chopped fresh cilantro
- 3 cups shredded cooked chicken
- 2 medium avocados, chopped

- 1.** Combine chipotles, mayonnaise, yogurt, lime juice, garlic, pepper, cumin and salt in a blender; process until smooth, about 30 seconds.
- 2.** Place black beans, lettuce, bell pepper, corn kernels, onion and cilantro in a large bowl; drizzle with the dressing and toss to coat. Divide among 6 bowls and top evenly with chicken and avocado.

SERVINGS 6 **SERVING SIZE** $2\frac{1}{2}$ CUPS
CALORIES 424 **CARBOHYDRATES** 26G
DIETARY FIBER 11G **TOTAL SUGARS** 5G
PROTEIN 30G **TOTAL FAT** 23G
SATURATED FAT 4G **CHOLESTEROL** 66MG
VITAMIN A 7758IU **SODIUM** 278MG
POTASSIUM 1004MG





TO MAKE AHEAD:
COVER AND
REFRIGERATE FOR
UP TO TWO DAYS.





RECIPES

A SIDE OF WONDERFUL

Avocado-centric dips and tartares are just the beginning. They're so delicious, we bet you'll be going in for a second helping.

Avocado-Yogurt Dip

ACTIVE: 10 min **TOTAL:** 10 min

Update your guacamole recipe by adding protein-packed yogurt. For an extra kick, add minced jalapeño or your favorite hot sauce. Serve this healthy dip with crunchy vegetables, pita chips or pretzels, or use it as a sandwich spread.

- 1 ripe avocado, peeled and pitted
- ½ cup nonfat plain yogurt
- ⅓ cup packed fresh cilantro leaves
- 2 tablespoons chopped onion
- 1 tablespoon lime juice

- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Hot sauce to taste (optional)

Place avocado, yogurt, cilantro, onion, lime juice, salt and pepper in a food processor. Process until smooth. Season with hot sauce, if desired.

SERVINGS 8 **SERVING SIZE** 2 TABLESPOONS
CALORIES 51 **CARBOHYDRATES** 4G
DIETARY FIBER 2G **TOTAL SUGARS** 2G
PROTEIN 1G **TOTAL FAT** 4G **SATURATED FAT** 1G
CHOLESTEROL 0MG **VITAMIN A** 84IU
VITAMIN C 4MG **FOLATE** 23MCG **SODIUM** 87MG
CALCIUM 35MG **IRON** 0MG
MAGNESIUM 11MG **POTASSIUM** 171MG



Mango, Beet & Avocado Tartare with Plantain Chips

ACTIVE: 40 min **TOTAL:** 40 min
This vegan dish is a favorite of Brooklyn-based chef Troy Levy, who is known for what he refers to as Ital cuisine. Ital, derived from the word "vital," is a lifestyle based on the Rastafarian faith of Levy's native Jamaica and integrates lots of fresh fruit and root vegetables. Ital dishes also showcase the skills Levy has picked up working in high-end restaurants in New York City.

Plantain Chips

- 4 cups water
- 1 teaspoon Himalayan pink salt
- 1 green plantain, peeled and sliced lengthwise (½ inch thick)
- 1½ cups grapeseed oil

Tartare

- 1½ cups diced cooked beets
- 4 teaspoons extra-virgin olive oil plus 1½ tablespoons, divided

- 1 teaspoon Himalayan pink salt, divided
- 2 medium ripe avocados
- 2 firm ripe mangoes, cut into small cubes
- 4 teaspoons minced shallot, divided
- 2 teaspoons chopped jalapeño pepper, divided
- ½ cup lemon or lime juice
- 2 teaspoons pure maple syrup

- 1.** To prepare plantain chips: Combine water and salt in a large bowl. Add plantain and let soak for 5 minutes. Drain, separate the slices and pat them thoroughly dry.
- 2.** Meanwhile, clip a deep-fry or candy thermometer to the edge of a medium saucepan. Add grapeseed oil and heat over medium-high heat until it reaches 350°F.
- 3.** Using tongs, carefully add the plantain slices one at a time to the hot oil, stirring to keep them separated. Fry until golden brown, 2 to 4 minutes. Transfer to a paper-towel-lined plate.
- 4.** To prepare tartare: Mash beets

coarsely with 2 teaspoons oil and ¼ teaspoon salt in a small bowl. Gently mash avocados with 1 teaspoon oil and ¼ teaspoon salt in another bowl. Combine mangoes, 1 teaspoon oil, 2 teaspoons shallot, 1 teaspoon jalapeño and ¼ teaspoon salt in a third bowl. Whisk lemon (or lime) juice, maple syrup and the remaining 1½ tablespoons oil, 2 teaspoons shallot, 1 teaspoon jalapeño and ¼ teaspoon salt in a small bowl.

5. Place a 3¼-inch ring mold on a serving plate. Press one-fourth of the beet mixture into the bottom of the mold. Add one-fourth of the avocado mixture and press flat. Top with one-fourth of the mango mixture and flatten the top. Gently pull the mold off. Rinse and dry the mold. Repeat to make 4 servings. Drizzle the dressing over each. Serve with the plantain chips.

SERVINGS 4 **SERVING SIZE** ABOUT 1¼ CUPS TARTARE & ¼ CUP PLANTAIN CHIPS
CALORIES 506 **CARBOHYDRATES** 58G
DIETARY FIBER 12G **TOTAL SUGARS** 37G
PROTEIN 5G **TOTAL FAT** 32G **SATURATED FAT** 4G **VITAMIN A** 2500IU **SODIUM** 445MG
POTASSIUM 1207MG



Avocado Fries with Sriracha Aioli

ACTIVE: 25 min **TOTAL:** 50 min

Avocados are a delicious foil to crunchy breading in this healthy oven-fried avocado fries recipe. Dip into a feisty Sriracha sauce for a flavor explosion. Save your ripe avocados for guacamole or toast—only firm ones will do when making these fries.

Cooking spray

**2 firm avocados, cut into
½-inch-thick wedges**

½ teaspoon salt

¼ teaspoon ground pepper

⅓ cup white whole-wheat flour

2 large eggs, lightly beaten

**1 cup whole-wheat panko
breadcrumbs**

⅓ cup mayonnaise

2 tablespoons Sriracha

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.

2. Season avocados with salt and pepper. Place flour, eggs and panko in three separate shallow dishes. Coat the avocado wedges in the flour, then dip in the egg. Coat both sides with the panko, pressing to help it stick. Place the wedges on the prepared baking sheet. Coat both sides with cooking spray.

3. Bake until golden brown, turning halfway through, 25 to 30 minutes.

4. Whisk mayonnaise and Sriracha in a small bowl. Serve the avocado fries with the aioli.

**SERVINGS 8 SERVING SIZE 4 FRIES AND 2
TABLESPOONS AIOLI CALORIES 221**

**CARBOHYDRATES 14G DIETARY FIBER 4G
TOTAL SUGARS 1G PROTEIN 3G TOTAL FAT
18G SATURATED FAT 3G CHOLESTEROL
35MG VITAMIN A 125IU VITAMIN C 5MG
FOLATE 45MCG SODIUM 280MG CALCIUM
12MG IRON 1MG MAGNESIUM 16MG
POTASSIUM 261MG**



Individual Seven-Layer Dip in Jars with Baked Tortilla Chips

ACTIVE: 25 min **TOTAL:** 35 min

These little jars are like nachos for the road, with plenty of protein from creamy black beans and taco-spiced strained yogurt, heart-healthy fats from avocado and a little crunch from toasted corn. Homemade baked tortilla strips are a perfect dip delivery system—their length helps you dig out every last bite from the portable jars.

- 12 (6 inch) white corn tortillas
- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons taco seasoning or chile-lime seasoning, such as Tajin, divided
- 1 (15 ounce) can no-salt-added black beans, rinsed and drained
- 1¼ cups fresh salsa, divided

- 1 cup whole-milk plain strained yogurt
- 1 large avocado, diced
- 1 tablespoon lime juice
- 1 cup shredded pepper Jack cheese
- 1 small yellow tomato, cored and chopped
- 3 scallions, thinly sliced
- ½ cup toasted corn nuggets or “nuts”

- 1.** Preheat oven to 350°F. Line two large rimmed baking sheets with foil or parchment paper. Brush tortillas with oil and sprinkle with ½ teaspoon taco (or chile-lime) seasoning. Stack the tortillas and cut them into 1½-inch-wide strips. Arrange in an even layer on the prepared baking sheets. Bake for 8 minutes, flip the strips and continue to bake until crisp and golden brown, 8 to 10 minutes more. Set aside to cool.
- 2.** Meanwhile, combine beans and ¼ cup salsa in a medium bowl.

Mash with a potato masher until mostly smooth. Spoon into the bottom of eight half-pint (1-cup) canning jars.

3. Spoon the remaining 1 cup salsa in a layer over the beans. Combine yogurt and the remaining 1 teaspoon taco (or chile-lime) seasoning in a small bowl. Spoon over the salsa in the jars. Mash avocado with lime juice in the same bowl and spoon into the jars over the yogurt mixture. Divide cheese among the jars.

4. Top off each jar with tomato, scallions and toasted corn nuggets (or “nuts”). Screw or lock lids on the containers. Serve with the tortilla strips.

SERVINGS 8 **SERVING SIZE** 1 JAR & 6 TORTILLA CHIPS **CALORIES** 321
CARBOHYDRATES 36G **DIETARY FIBER** 8G
TOTAL SUGARS 4G **PROTEIN** 13G
TOTAL FAT 15G **SATURATED FAT** 5G
CHOLESTEROL 17MG **VITAMIN A** 437IU
VITAMIN C 8MG **FOLATE** 40MCG **SODIUM** 485MG
CALCIUM 211MG **IRON** 2MG
MAGNESIUM 73MG **POTASSIUM** 571MG

Zesty Avocado Black Bean Dip

ACTIVE: 10 min **TOTAL:** 10 min

Perfect for game day, this fiber-rich dip is a surefire crowd-pleaser to accompany crudités or tortilla chips. It requires little prep time and is ready to serve immediately.

- 4 medium ripe avocados, divided
- 1-2 tablespoons lime juice, divided
- $\frac{3}{4}$ teaspoon salt

- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{3}{4}$ cup no-salt-added canned black beans, rinsed
- $\frac{3}{4}$ cup frozen whole kernel fire-roasted corn, thawed
- 1 small jalapeño pepper, seeded and finely chopped
- 2 tablespoons chopped fresh cilantro

1. Mash 2 avocados in a medium bowl with a fork. Stir in 1 tablespoon lime juice, salt, cumin and

pepper until combined.

2. Cut the 2 remaining avocados into small chunks. Add to the mashed avocado mixture along with beans, corn, jalapeño and cilantro; stir until combined. Add more lime juice to taste, if desired.

SERVINGS 12 **SERVING SIZE** $\frac{1}{4}$ CUP
CALORIES 130 **CARBOHYDRATES** 10G
DIETARY FIBER 6G **TOTAL SUGARS** 1G
PROTEIN 3G **TOTAL FAT** 10G **SATURATED FAT** 1G **VITAMIN A** 143IU **VITAMIN C** 9MG
FOLATE 58MCG **SODIUM** 152MG **CALCIUM** 17MG **IRON** 1MG **MAGNESIUM** 30MG
POTASSIUM 390MG





RECIPES

SMOOTH AND EASY

Avocado's creamy texture and nutritional profile make it a great ingredient for healthy, refreshing smoothies.

Avocado & Banana Smoothie

ACTIVE: 10 min **TOTAL:** 10 min

While bananas are high in sugar, the sugar is naturally occurring and a great source of energy. In this recipe, the banana is paired with avocado, a healthy fat source. This combination helps keep blood sugar steady. Both bananas and avocados provide a wealth of nutrients and have been linked to disease reduction. Freeze your banana slices to make this more of an ice cream-style smoothie.

1 medium banana, sliced
½ avocado, pitted and sliced

2 teaspoons honey
5-6 ice cubes
¾ cup unsweetened vanilla
coconut milk or almond milk

1. Add banana, avocado, honey, ice cubes and coconut milk (or almond milk) to a blender. Blend on medium-low speed, using the tamper as necessary, until well combined.
2. Increase speed to medium-high and blend until very smooth.

SERVINGS 1 **SERVING SIZE** ABOUT 2¼ CUPS
CALORIES 338 **CARBOHYDRATES** 48G
DIETARY FIBER 11G **TOTAL SUGARS** 27G
PROTEIN 3G **TOTAL FAT** 18G **SATURATED FAT** 5G **VITAMIN A** 556IU **SODIUM** 12MG
POTASSIUM 945MG



Mango Raspberry Smoothie

ACTIVE: 5 min **TOTAL:** 5 min

A squeeze of lemon juice adds bright flavor to this frozen-fruit smoothie. Mango provides plenty of sweetness without having to add juice, but if it's too tart for you, a touch of agave will do the trick.

- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ medium avocado
- 1 tablespoon lemon juice
- $\frac{3}{4}$ cup frozen mango
- $\frac{1}{4}$ cup frozen raspberries
- 1 tablespoon agave (optional)

Add water, avocado, lemon juice, mango, raspberries and agave (if using) to a blender. Blend until smooth.

SERVINGS 1 **SERVING SIZE** $1\frac{1}{2}$ CUPS
CALORIES 188 **CARBOHYDRATES** 32G
DIETARY FIBER 6G **TOTAL SUGARS** 23G
PROTEIN 2G **TOTAL FAT** 7G **SATURATED FAT** 1G **VITAMIN A** 1102IU **VITAMIN C** 52MG
FOLATE 44MCG **SODIUM** 8MG **CALCIUM** 35MG **IRON** 1MG **MAGNESIUM** 17MG
POTASSIUM 261MG





WHAT'S SO GREAT ABOUT BLUEBERRIES? YOU GET FIBER, VITAMINS C AND K, MAGNESIUM AND POTASSIUM IN EVERY HANDFUL.

Blueberry & Avocado Smoothie

ACTIVE: 10 min **TOTAL:** 10 min
Just four ingredients combine for a refreshing, just-sweet-enough smoothie that's a real treat any time of the year. Blueberries add the fruity flavor and avocado is the source of that creamy texture we all love.

- 1 cup frozen blueberries
- ½ avocado, pitted and sliced
- 5 dates, pitted and roughly chopped
- 1 cup unsweetened vanilla coconut milk

1. Add blueberries, avocado, dates and coconut milk to a blender. Blend on medium-low speed, using the tamper as

necessary, until well combined.
2. Increase speed to medium-high and blend until very smooth.

SERVINGS 1 **SERVING SIZE** ABOUT 1¾ CUPS **CALORIES** 405 **CARBOHYDRATES** 59G **DIETARY FIBER** 15G **TOTAL SUGARS** 41G **PROTEIN** 4G **TOTAL FAT** 20G **SATURATED FAT** 6G **VITAMIN A** 718IU **SODIUM** 9MG **POTASSIUM** 881MG



Chocolate Avocado Shake

ACTIVE: 10 min **TOTAL:** 10 min
This rich, healthy chocolate shake recipe is dairy free and gets its creaminess from avocado instead of ice cream. If you aren't avoiding dairy, you can use regular low-fat milk and any type of semisweet or bittersweet chocolate chips in place of the nondairy chocolate chips.

- 1 ripe avocado, halved and pitted
- 1½ cups unsweetened vanilla almond milk or other nondairy milk
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons brown sugar or maple syrup, or to taste

- 2 tablespoons nondairy semisweet chocolate chips, melted
- 1 tablespoon vanilla extract, or to taste
- 12 ice cubes

Add avocado, milk, cocoa, brown sugar (or maple syrup), melted chocolate and vanilla. Pulse and puree until smooth. Add ice and puree until thick and frosty.

SERVINGS 2 **SERVING SIZE** ABOUT 1¾ CUPS **CALORIES** 381 **CARBOHYDRATES** 45G **DIETARY FIBER** 12G **TOTAL SUGARS** 29G **PROTEIN** 5G **TOTAL FAT** 23G **SATURATED FAT** 6G **VITAMIN A** 522IU **VITAMIN C** 10MG **FOLATE** 84MCG **SODIUM** 154MG **CALCIUM** 194MG **IRON** 2MG **MAGNESIUM** 85MG **POTASSIUM** 791MG



The Amazing Avocado

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Avocado: As a Matter of Fact

10,000
BCE

ABOUT WHEN
MESOAMERICANS BEGAN
EATING AVOCADO

\$4,800

AMOUNT RUDOLPH HASS
EARNED FROM PATENTING
THE HASS AVOCADO IN 1935

8

MONTHS BLOOM
TO HARVEST
FOR MEXICAN
AVOCADOS;
GUATEMALAN
AVOCADOS TAKE
15 TO 18 MONTHS

5.6

WEIGHT IN POUNDS OF
THE WORLD'S HEAVIEST
AVOCADO, WHICH ENTERED
THE *GUINNESS BOOK OF
WORLD RECORDS* IN 2019

3 million

PHOTOS OF AVOCADO TOAST
UPLOADED TO INSTAGRAM DAILY—
YES, DAILY—IN THE SUMMER OF 2017

9

KILOS PER YEAR,
MEXICO'S PER
CAPITA AVOCADO
CONSUMPTION—
THE HIGHEST IN
THE WORLD; CHILE
IS SECOND, WITH
ALMOST 8 KILOS

1966

THE YEAR GENERAL
ELECTRIC INTRODUCED
THE AVOCADO-GREEN
REFRIGERATOR, SPARKING
A LONG-LASTING
KITCHEN DECOR TREND

1,500

AVOCADO TREES THAT
TOM SELLECK HAS ON HIS
CALIFORNIA RANCH

7%

OF U.S. AVOCADO
CONSUMPTION TAKES
PLACE ON SUPER
BOWL SUNDAY

Now you can
INDULGE every day!



The background features a vibrant collage of fresh ingredients and prepared dishes. At the top left, there are lemons and a small glass bottle of oil. To the right, several ripe red and yellow tomatoes are shown, some sliced. Overlaid on this are two covers of the EatingWell magazine. The left cover is yellow and titled 'EatingWell Air-Fryer', featuring images of fried food and dipping sauces. The right cover is blue and titled 'EatingWell One-Pan', featuring a large skillet with chicken and vegetables. Text on the blue cover includes 'Recipes to Simplify Dinner' and '20-MINUTE MEALS / SIZZLIN' SKILLET & SHEET-PAN SUPPERS / VIBRANT WAYS TO EAT MORE VEGGIES'. Below the magazine covers, a yellow banner contains the text: 'SAVE BIG on the ONLY magazine that shows you how to eat better, feel better ... and *enjoy* every bite!'. The bottom of the image has a green background with white text and a QR code.

EatingWell
Air-Fryer
Less Fat, De
FAMILY-FAVORITE MEALS / PARTY APP

EatingWell
One-Pan
Recipes to Simplify Dinner
20-MINUTE MEALS / SIZZLIN' SKILLET & SHEET-PAN SUPPERS / VIBRANT WAYS TO EAT MORE VEGGIES
Roasted Pomegranate Molasses Chicken Thighs
Chicken with Basil Butter & Shishito Peppers
Vegetable Bourguignon

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Count the Ways

Avocados are delicious and versatile, and eating them can improve brain health, lower risk for heart disease, benefit your skin and more. Could this be the perfect food?

